

SISKA Paddle Guidelines

1.0 Relaxed Paddles:

These are tailored to beginner paddlers, although experienced paddlers are welcome to attend. Participants will have Paddle Canada Basic Kayaking skills or equivalent experience.

<https://www.paddlecanada.com/levels/sea-kayak/basic-kayak-skills/>

Generally, the pace in these paddles is set by those at the back of the 'pack'. If you are unsure about the suitability of your equipment or clothing, please contact the trip leader for advice prior to the paddle date. The trip leader has the right to deny your participation in the paddle if they think you are not adequately prepared for the possibility of immersion. All participants are expected to have read, and to comply with the SISKA Policies and Procedures. The conditions for Relaxed Paddles are as follows: sheltered waters, frequent easy landing opportunities, light winds, calm to rippled sea state, minimal current, up to approximately 6 nautical miles in length.

2.0 Light Paddles:

Light paddles follow the Relaxed Paddle rules regarding current, wind, waves and crossings. Participants are required to have Paddle Canada Basic or equivalent experience.

<https://www.paddlecanada.com/levels/sea-kayak/basic-kayak-skills/>

Total distance of a Light Paddle is approximately 3 - 6 nautical miles and the duration is about two hours. There is no planned lunch stop but paddlers may opt to enjoy their lunch with others after the paddle. Participants should ensure that liquid and a snack are accessible on the water. There may be optional stretch and/or rest stops, always on an easy launching/landing beach.

3.0 Energizer Paddles:

Participants will have Paddle Canada Level 1 skills.

<https://www.paddlecanada.com/levels/sea-kayak/akasharkbow/>

Energizer Paddles will require some commitment by each participant to 'keep up' with the pack for the duration! Paddlers at the back of the pack will be expected to keep up with the pace-setting leaders. If you are unsure about the suitability of your skills, equipment or clothing, please contact the trip leader for advice prior to the paddle date. The trip leader has the right to deny your participation in the paddle if they think you are not adequately prepared for the possibility of immersion. All participants are expected to have read, and to comply with the SISKA Policies and Procedures. The conditions for Energizer Paddles are as follows: waters with a moderately exposed coastline, short crossings, frequent easy landing opportunities, light to moderate winds, light to moderate chop sea state, mild currents, up to approximately ten nautical miles in length.