

# SKSA Cold Water Paddling

## Thoughts

Cold weather does not mean the paddling season is coming to a close. With proper clothing and training your paddling experience can be extended throughout the year.



**Prerequisites:** *ACA Essentials of Kayak Touring (strokes & rescues).*

## Next Step:

Repeat this class, *SKSA Advanced Rolling, private lessons.*

## Topics Covered

We will cover hypothermia, clothing (wicking/warming/weather layers), safety equipment, cold water rescues, communications, essentials of group management.

## Details and Requirements

This is a special 3 hour clinic designed for the cold-weather paddler. We recommend that students have completed at least Level-2 curriculum, such as an ACA Essentials course. The course is planned for group participation in a suitable flat-water environment such as a lake, cove, pool or similar protected water.

**Basic Equipment** includes a properly outfitted kayak with paddle and related safety equipment including PFD, spray skirt, pump, paddle float and sling. This equipment will be provided as needed, although it is best to use your own equipment if available. Please advise us on any equipment you plan to bring, before the class.

**Personal Equipment** recommendations include clothing suitable for cold water immersion such as wet-suit + paddle top or dry-suit + insulation (synthetics, no cotton) with appropriate footwear. The student should come prepared for brief periods of immersion while practicing skills. Some students prefer to use nose-clips, earplugs, and/or swim goggles during immersion – all are acceptable. Other items of personal responsibility include sunglasses, sunscreen, hat with visor and spare (dry) clothing.

**NOTE:** We are not responsible for lost or damaged personal items. Plan to leave electronic keys, cell phones, etc. on shore or in a floating, waterproof container. Consider retention aids for prescription glasses, hats and other items dear to you.

## Special Requirements

Please bring your desire to have fun and a spirit of adventure. In order to best serve you please advise us of any personal issues when registering so that we can prepare in advance for special paddling equipment. Let us know in confidence of any medical issues prior to the start of class. We can accommodate most concerns.

## Costs and Fees

Class Fee	Boat and Gear Rental	ACA Participation Card
\$75.00	Available, Inquire	Not Applicable