



FUNDAMENTALS OF SEA KAYAKING CLASS SCHEDULE

<u>DATE/TIME</u>	<u>WHERE</u>	<u>WHAT TO BRING</u>
LAKE RESCUE Wednesday, 6:00-8:30pm*	NWOC 2100 Westlake Ave. North	For Lake Sessions: Synthetic shirt, pants, and socks for under the drysuit. More info on appropriate clothing below.
LAKE SESSION Thursday, 6:00-8:30pm*	NWOC 2100 Westlake Ave. North	
LAKE SESSION Saturday 9am-Noonish	NWOC 2100 Westlake Ave. North	
DAY TRIP Sunday, leave Seattle 8am Off water 3:00-3:30 Return by 6pm	DECEPTION PASS AREA Meet at put-in 9:45am	For Deception Pass Trip: Same synthetic clothing from above, lunch and water, hat, sunscreen, spare warm clothes for after class. More info on what to bring below.

IMPORTANT: To park at Deception Pass you will need a Discover Pass. Passes are \$10 for a day or \$30 for a year. To purchase or for more information: <http://discoverpass.wa.gov/>

For under a drysuit: A synthetic/quick dry top and bottom. Fleece or wool are great options, as well as polyester or nylon blend clothing. For Example, hiking and workout clothing is often synthetic and quick dry. Under your booties or boots, wear synthetic or wool socks.

Other useful items:

- If you wear glasses, wear a retainer strap (chums/croakies), we sell all kinds, including floating models
- sunglasses, sunscreen and lip protector
- baseball caps are good for reducing reflective glare or keeping the rain out of your face
- bring your lunch and water and other goodies in a small bag or drybag

For the outing on Sunday, the instructors will haul NWOC kayaks and equipment, students will meet at the put-in, usually at 9:45am. The exact place and time will be announced at class on Saturday.

SUGGESTED READING MATERIAL

You will benefit from reading a bit before your class. It will answer some basic questions and raise a few more. These and many more are available at NWOC:

SEA KAYAKING ILLUSTRATED by John Robison, or **THE SEA KAYAKERS HANDBOOK**, Shelley Johnson. Lots of good, basic kayaking info, including strokes, rescues, navigation, currents, etc. **FUNDAMENTALS OF KAYAK NAVIGATION** by David Burch. If you want to learn about navigation, this book is for you. He covers navigating in fog, darkness, traffic, how to predict and handle currents, and much more.

For additional technique info, visit: <https://www.nwoc.com/foskhandout.pdf>

COURSE CONTENT

Watch these YouTube videos to help you grasp the concepts of what you will be doing during the class. There is nothing overly complicated, just a matter of understanding a few basic techniques.

Exiting your kayak upside down: <https://youtu.be/9lD0JagMnLs>

Rescuing others: <https://youtu.be/ZDqjye955e0>

Rescuing yourself: <https://youtu.be/D8fGu7EdhPc> **Scramble Self Rescue:** https://youtu.be/wZLTTk_TbKE

Edging Your Kayak: <https://youtu.be/JjvWhQSmFRI>

Current Concepts 1: <https://youtu.be/77FbhxDII-Q>

Current Concepts 2: <https://youtu.be/VqdkAU4dG6s>

Towing Techniques: <https://youtu.be/PwyYrr7NO7A>

For Deception Pass Currents:

https://tidesandcurrents.noaa.gov/noaacurrents/Predictions?id=PUG1701_33

Some great apps for real-time current flows and speeds:

<https://www.deepzoom.com>

[PNW Current Atlas for graphical current planning](#)

[Windy.com for wind directions](#)

LAKE SESSION 1: RESCUES AND BEGINNING BRACING SESSION

- Explanation of rescues and rescue gear: PFD, Pump, Paddle Float, and Sling
- Wet Exit (falling over and getting out of your boat)
- Paddle float self rescue
- Assisted "T" rescue
- Bracing strokes to prevent capsize
- Draw stroke to assist in rescues

LAKE SESSIONS 2 & 3

Learn and practice:

- Forward stroke, back (stop) stroke
- Sweep Strokes, forward and reverse
- Boat Tilt (edging), Bow Rescue

Review and Practice:

- Low Brace, sculling low brace
- High brace, static and sweeping
- Draw stroke, regular and sculling
- Rescues

YouTube VIDEO AND HANDOUT

Introduction to Currents:

- The difference between Tides and Currents
- Current Tables and Guides
- How to find and figure the current information for your destinations
- How to figure currents for any time of day
- How to figure the Time and Duration of Slack
- Wind/waves against the current
- Paddling into the current using eddies
- Crossing the Current 3 different ways

SUNDAY DAY TRIP

Time to put it all together! Your basic, enjoyable saltwater day-trip, with some current activity and practice. Under controlled conditions, we'll spend time going against the current, crossing the current, riding with the current, and putting your new current prediction skills to use. We'll also have time for some flatwater sightseeing and rescue practice.

Class Fee With Own Kayak \$399. Without Own Kayak \$405.15 After Tax

Deposits for classes are refundable up until 14 days before the start of the class.

**ACKNOWLEDGEMENT OF RISKS, ACCEPTANCE OF RESPONSIBILITY & RELEASE OF LIABILITY
(PLEASE REVIEW CAREFULLY) CLASS/TOUR FOSK**

I, _____, have asked to participate in a tour and/or a course of instruction given by the Northwest Outdoor Center, Inc. (“NWOC”). I understand that NWOC is only prepared to accept me as a participant in this tour or course under certain circumstances and if I will make and faithfully adhere to certain representations. I therefore certify to NWOC for its benefit that:

1. I am a good swimmer and/or comfortable in the water.
2. I will wear a Coast Guard approved personal flotation device (Type I,II or III) at all times while on the water.
3. I suffer no disabilities of any nature whatsoever that might impair or interfere with my safe participation in the tour or course except as I have otherwise disclosed in writing to NWOC.
4. While on the water, I will promptly and carefully obey all instructions given me by the trip leader, course leader, or his or her assistants.
5. I will not attend if suffering any cold or flu symptoms.

I understand that sea kayaking, whitewater kayaking, and whitewater rafting all involve certain inherent risks. In the case of sea kayaking these include but are not limited to inclement weather, rough seas, strong tidal and other currents, navigational difficulties, collisions, cold water, and illnesses or accidents in remote places. In the case of whitewater kayaking and rafting these include but are not limited to river obstructions, strong currents, dangerous hydraulics, cold water, and inaccessibility to prompt medical assistance. Such risks and others, singularly or in combination, may result in my suffering property damage, serious bodily injury, or death.

I understand that in these circumstances the NWOC cannot be the guardian of my safety and I hereby personally assume all of the risks and dangers, whether described herein or not, in connection with the tour or course of instruction in which I will participate. I hereby expressly and irrevocably release the Northwest Outdoor Center, Inc., its shareholders, officers, directors, employees, and agents from any claims, expenses, or damages of whatever nature, whether foreseeable or not, that may arise from the trip or the course or related activities, including but not limited to claims resulting from my personal injury, death, property loss, or other damages, whether foreseeable or not. I hereby bind not only myself, but also my estate, heirs, successors and assigns to the terms of this Safety Statement and Release (“Release”).

I understand the terms herein are contractual and not a mere recital, and I have signed this document as my own free act. I agree to pay all reasonable expenses, including attorney’s fees, incurred by the Northwest Outdoor Center, Inc., its shareholders, officers, directors, employees, or agents in order to enforce the provisions of this Release.

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS RELEASE BY READING IT BEFORE SIGNING.

I affirm that I am eighteen (18) years of age or older and legally competent to sign this release.

Signature

Date

**NORTHWEST OUTDOOR CENTER INC.
2100 Westlake Ave North Seattle, Wa 98109 206-281-9694 mail@nwoc.com**

MEDICAL INFORMATION

Canoeing, sailing, kayaking, rafting, and hiking involve exposure to sun, rain, wind and water, and can be strenuous exercise. If you have reason to think that recent illness, injury or surgery would affect your participation, please discuss it with your doctor. We request the following information to help safeguard your health, and in case we need to talk to health providers.

NAME: _____ HEIGHT: _____ WEIGHT: _____

CLASS/TOUR _____ AGE: _____ in case we need to tell EMTs

Are you currently under a Doctor's care? _____ For what reasons? _____

Are you taking any medications? _____ What are they? _____

Are you allergic to insect bites, stings or bee stings? _____

Are you pregnant? _____ Do you get cold easily? _____

Describe your swimming ability _____

Have you ever had:

- | | |
|-------------------------------------|---------------------------|
| Allergies(food or medication) _____ | Asthma _____ |
| Diabetes _____ | High Blood Pressure _____ |
| Heart Disease _____ | Back Problems _____ |
| Epilepsy _____ | Dislocations _____ |

IF YES, PLEASE EXPLAIN: _____

How would you describe your health? _____

Are there any limitations on your activities? _____

What are they? _____

Do you have Health Insurance? _____ Insurance Provider _____

IN CASE OF EMERGENCY, PLEASE NOTIFY:

NAME: _____ PHONE:(____) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

THANK YOU!