

## **Summer Kids Kayak Program (SKiP): Flatwater A**

The Flatwater A SKiP program is an ORCKA (Ontario Recreational Canoeing and Kayaking Association) approved Flatwater A Kayaking Program.

Participants will be wearing a helmet and a life jacket at all time when near, on or in the water.

### **Where?**

Classes are held at Hybrid Marine 20198 Hwy#2, Summerstown, Ontario, East of Mac's marina.

### **When?**

Classes will be held on Mondays July 5, 12, 19 and 26.

From 1:30 to 3:00 (Please arrive a few minutes early so your child can be ready to start the class at 1:30)

### **Cost: 70\$ per participants**

Please note that there will be no refund for cancellations on or after June 6<sup>th</sup> 2009.

We require a minimum number of participants to run the program.

### **What do you need?**

- Bathing suit
- Long sleeve shirt or windbreaker that can and will get wet.
- Water shoes/socks (you can find them at Wal-Mart, Canadian Tire, Zellers, about 8\$)
- Towel
- Warm clothes to put over bathing suit or to change into after the class.
- Drinking water (A water bottle of fresh drinking water)

### **What to expect during the first class:**

- Meet the instructor and students
- Introduction to the equipment and how we use it and care for it
- Introduction to the environment in which we will be working and having fun
- Getting in and out of a kayak while on land
- Getting comfortable in an upside down kayak and getting out of the kayak while upside down (Being comfortable upside down and getting out of a capsized kayak is very important and this is why it is done during the first class. Rest assured that we make it safe and fun!)

During the classes that follow the participants will complete an ORCKA flatwater A kayaking course (see following page for details) and will have the necessary knowledge and skills to paddle safely and enjoy the water sport in the future.

We have an instructor to student ratio of 1:6 maximum.

### **What parents and siblings can do during the classes:**

While your child is learning the basics of paddling, why not go for a paddle yourself and enjoy the scenery this region has to offer.

Hybrid Marine has Hobie Kayaks available to rent. The Hobie Kayaks are easy to use even if you are a first time paddler.

For boat rental info and retail info go to <http://www.hybridmarine-ltd.com/> or contact Blair Bell at 613-360-6501 and [blairbell@sympatico.ca](mailto:blairbell@sympatico.ca)

## **About the Cornwall Recreational Whitewater Club (CReW)**

Founded in January 2006, The Cornwall Recreational Whitewater Club or CReW was established by a couple of community minded paddlers and their families in order to bring the sport of whitewater paddling and our communities together.

From community clinics and youth oriented kayaking programs, to certification programs and opportunities to compete, CReW is all about access through community involvement and awareness. CReW is supported by ASAG, the parent organization and operates on a cost recovery basis. Board members, Instructors and staff are all volunteers and do not receive salaries.

## **Flatwater A Kayaking Program Overview:**

- Safety**
  - swimming (With a life jacket)
  - Wet exit (Exiting a capsized kayak)
  - Capsize and swim the kayak to shore
  - Peer rescue
  - Communications
  
- Theory**
  - Selection of equipment
  - Equipment knowledge
  - Equipment care
  - Government regulations
  - Outdoor precautions
  - Environmental awareness
  - Kayaking resources
  
- Skills**
  - Lifting, carrying, launching and entering the kayak
  - Landing, exiting and removing the kayak
  - Forward paddling
  - Reverse paddling
  - Stopping
  - Pivoting
  - Turning
  
- Touring**
  - Personal risk management
  - Awareness of others
  - Safe kayaking procedures
  - Access
  - Kayak tour

If you have any questions please contact Sylvie 613-347-9089 [sylvie@cornwallwhitewater.com](mailto:sylvie@cornwallwhitewater.com)

## **Summer Kids Kayak Program (SKiP): Moving water**

The Moving Water SKiP program is an ORCKA (Ontario Recreational Canoeing and Kayaking Association) approved Moving Water Kayaking Program.

Participants will be wearing a helmet and a life jacket at all time when near, on or in the water.

### **Prerequisite:**

Participants must have a kayaking Flatwater A course or equivalent.

Participants must be comfortable with the wet exit.

### **Where?**

Classes are held at Hybrid Marine 20198 Hwy#2, Summerstown, Ontario East of Mac's marina.

Class of August 2nd will be in Cornwall at the boat launch behind the RCAF building.

Class of August 9th will be in Valleyfield behind the Maxi/Zellers shopping mall.

### **When?**

Classes will be held on Mondays July 5, 12, 19 and 26 from 3:00 to 4:30.

August 2 and 9 from 1:30 to 4:30

### **Cost: 135\$ per participants**

Please note that there will be no refund for cancellations on or after June 6th 2009.

We require a minimum number of participants to run the program.

### **What do you need?**

- Bathing suit
- Long sleeve shirt or windbreaker that can and will get wet.
- Water shoes/socks (you can find them at Wal-Mart, Canadian Tire, Zellers, about 8\$)
- Towel
- Warm clothes to put over bathing suit or to change into after the class.
- Drinking water (A water bottle of fresh drinking water)
- Snack for the last 2 classes.

### **What to expect during the first class:**

- Meet the instructor and other students.
- Introduction to the environment in which we will be working and having fun.
- Refresh our memory with a review of last season's techniques.

During the classes that follow the participants will complete an ORCKA moving water kayaking course (see following page for details) and will have the necessary knowledge and skills to paddle safely and enjoy the water sport in the future.

-They will learn to read a river, understand and respect it while at the same time being able to enjoy all it has to offer.

We have an instructor to student ratio of 1:6 maximum.

## **What parents and siblings can do during the classes:**

### At Hybrid Marine:

While your child is learning the basics of paddling, why not go for a paddle yourself and enjoy the scenery this region has to offer.

Hybrid Marine has Hobie Kayaks available to rent. The Hobie Kayaks are easy to use even if you are a first time paddler.

For boat rental info and retail info go to <http://www.hybridmarine-ltd.com/> or contact Blair Bell at 613-360-6501 and [blairbell@sympatico.ca](mailto:blairbell@sympatico.ca)

### Cornwall:

The class is held at Lamoureux park close to the Cornwall Square, there is a play structure close by and a nice bike path.

### Valleyfield:

There is a mall and also a nice park by the water if you wish to go for a walk.

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## **Moving Water Kayaking Program Overview:**

### **Safety**

- Safety review
- Swimming a rapid
- Self rescue of a swamped kayak
- Rescue a swimmer
- Recovery of a kayak
- Peer Rescue
- Assisted roll rescue
- Unassisted roll rescue
- Line toss and rescue
- Communications

### **Theory**

- Kayak design and construction
- Kayak outfitting
- Government regulations
- Moving water principles
- River reading
- River difficulty
- Rescue priorities
- Environmental awareness
- Kayaking resources

### **Skills**

- Forward paddling
- Bracing
- Peel out
- Eddy turn
- S turn
- Front ferry
- Back ferry
- Side slip
- Front surf
- Side surf

### **Touring**

- Equipment
- Day trip planning
- Access

If you have any questions please contact Sylvie 613-347-9089 [sylvie@cornwallwhitewater.com](mailto:sylvie@cornwallwhitewater.com)



**STATEMENT OF RISKS, ASSUMPTION OF RISKS AND RELEASE OF LIABILITY FOR THE SUMMER KIDS PROGRAM**

In Consideration of being allowed to participate in any way in the **Cornwall Recreational Whitewater Club** Summer Kids kayaking program, related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. The risks of injury from the activities involved in water activities is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. **I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS**, both known and unknown, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES** or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unsafe significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **HEREBY RELEASE AND HOLD HARMLESS** the Cornwall Recreational Whitewater Club, Adventure Sports Access Group Inc., their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, Hybrid Marine Ltd, the owners and lessors of premises used to conduct the event ("Releasees"), **WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH**, or loss or damage to person or property, **WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.**

This is to certify that I, \_\_\_\_\_, as parent/guardian with legal responsibility  
(Please Print Parent/Guardian's First and Last Name)

for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above.

X \_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Emergency Telephone Number

X \_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Witness Name (please print)

**Payment Method**

	✓
Cheque	
Cash	

Please make cheque payable to: Adventure Sports Access Group