



Dear Kayaking Enthusiast,

Thank you for your interest in enrolling in our sea kayaking in a dynamic environment class. This program will help you bring your kayaking and rescue skills to a new level! We will begin our day by getting to know one another and discussing how to be safe and responsible in the area where we are going to paddle. We will then do a bracing review and paddle as a group to an area where we can find some tidal current or wave action...or maybe both. The April course should be attempted by paddlers with some experience paddling in cold water only. The June course is for anyone with an adventurous spirit and a good wet exit! A good preparation for this course will be the rolling and bracing course we offer.

Enclosed you will find some key pieces of information that will help you and us be better prepared for your workshop. Please take the time right now to read through the **entire package** and get the forms back to us **not less than 2 weeks prior to the start date** of your program. The workshop cost is \$100.00. Payment in full *will confirm a spot for you in the class. Space is limited and we encourage you to register early! Payment is needed to hold your spot!* The forms we need returned are:

- OLTOA registration form
- Medical Form

We will plan to meet at the location TBD based on weather at 0800 sharp on the first day of the workshop. (Directions on our website) We will likely be at either Fort Popham or Hen cove. Both about a 30ish minute drive from Brunswick Maine. This workshop will demand your full mental and physical attention for the day. Please come well rested! You may be asked to navigate tidal currents and paddle in surf. You will be a rescuer and the person being rescued in cold water and challenging conditions. To participate in this workshop you will need to be able to spend several hours in a kayak, have the physical ability to perform self and assisted rescues and carry one end of a kayak 100 yards over uneven terrain. You should plan to come to this workshop well rested and leave very tired. If you are coming to this workshop from a distance, we recommend that you plan to sleep somewhere close by. Lodging for this workshop is at your expense. **Let us know if you need us to recommend a place to stay.**

OLTOA will be providing high quality instruction, basic safety equipment and an enjoyable learning experience. To enhance the quality of the program and the safety of our entire class, we ask that you bring all of the equipment on the enclosed bring list. If you are missing something on the bring list, please call us and we will try to help you get what you need. ***This is extremely important!***

The goals of this workshop are to: help you learn how to enhance your kayaking skills and start to build confidence in current and waves, and gain an understanding of some of the challenges you will encounter in this environment. We will also share with you some rescue techniques that are more suitable to this environment.

Please look over the "to bring list" and ensure you have everything on the list. If you are missing something on the list please let us know what it is and we may be able to help you find or borrow one. Please feel free to contact me with any questions you may have.

**Cancellation Policy: If you need to cancel:**

- **Within 45 days of the start date of your class you will be given a full refund**
- **Within 35 days of the start date of your class you will be given a 50% refund**
- **If you cancel after the above times no refunds will be given**
- **We reserve the right to cancel any offering due to low enrollment.**
- **If we cancel due to low enrollment you will be given a full refund!**

Yours in adventure,

*Bob Myron*

ACA ITE Coastal Kayaking

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Bob Myron

## "Bring List" for ACA Coastal Kayak Instructor Candidates

### **Required:**

- Sea Kayak (with bulkheads or floatation)
- Spray Skirt
- Paddle
- Spare Paddle
- Personal Flotation Device (with whistle attached)
- Helmet and warm scull cap
- River Knife or EMT Shears
- Dry Bag w/extra clothing
- Paddle float
- Pump
- Tow Belt
- Dry suit or Wet suit and paddling jacket (*Dry suit mandatory for April session*)
- Pogies or Neoprene Gloves (April only)
- Appropriate clothing & Footwear for paddling in 40 degree water with air temperatures of 40 degrees (Temperatures are in Farenheight)
- Water bottles or hydration system (filled with water)
- Snacks & lunch
- Sun and Bug protection

### **OPTIONAL:**

- Repair kit for your boat
- Towel
- Dry Gear Bags for keeping spare clothing dry
- Thermos with hot drink

Note: The weather varies a lot in Maine this time of year. You may use every piece of clothing you have with you and wish you had more, or you may end up leaving some in the car. Better to have it and not need it than need it and not have it! We are trying to prepare you for the worst weather we expect while hoping for the best! Thanks for coming prepared!