

Welcome to course in Stavanger Kayak Club

Stavanger Kayak Club wants you to experience the joy of kayaking and we are very happy that you want to take the course with us.

We will do our best in order for you to have a great kayaking experience and our goal is that you will experience safety and command when you paddle at sea.

Your smile should be as big at the end of the course as the beginning as we will aim to push your limits a couple of steps and visit the outskirts of our comfort zone. All this takes place within a safe frame work with certified and skilled instructors who will guide you through this in a safe and secure manner.

Whatever background you may have the instructors will use this weekend to teach you the most basic use of kayaks and equipment during calm seas as well as introduce you to techniques for rescuing yourselves and others.

The Norwegian Paddling Association has stated that the main goal of these courses is to *introduce the participant to the kayak and the equipment. After the course the participant has through simple and practical exercises learned how to use the kayak, oar, vest and spray cover. Additionally the participant has been familiarized with simple security routines and techniques as well as manoeuvring of the kayak.*

During the course we will go through the equipment used for sea kayaking, adjustment of the equipment, accident prevention and safety planning. The practical exercises encompass everything from getting and getting out, paddle technique and steering. We will also teach you self-rescue and rescuing of others. In other words, you will be swimming in the sea during the weekend.

The club has safety as it number one priority and we emphasize that *you should not consider yourself "finished" after completing the course. You will, however, have the basic skills required for participation in the club's various trips and are eligible for borrowing club kayaks for free. Both of which require having completed the course.*

Please email us a few words in advance detailing your previous paddling experience (if any).

Due to weather the course location can be moved on short notice. In that case the club will move equipment to another more shielded location.

Practical information

Registration for the course is binding. The course fee must be paid before start of course.

Location

Sandvigå 7 in Bjergsted by the old ferry port.

Map link:

<https://www.google.no/maps/place/Stavanger+kajakklubb/@58.9770733,5.7222997,18z/data=!4m2!3m1!1s0x0:0xe828e3bd46aee16d>

Parking

Parking is very limited and must be taken into account time-wise if you arrive by car. The club does not have any parking places, however, there is a parking garage in the new Concert Hall 200m from the club.

Equipment

Those who need it may borrow: kayak, vest, oar, spray cover, wet suit, hood, gloves, shoes and necessary rescue equipment. Dry suit can be rented for 300kr for the weekend. Dry suit is mandatory during the winter.

If you have your own sea kayak and equipment we recommend you use this. That way you will use same equipment during the course as you are likely to use after. It is important to know your own equipment. Please let us know in advance if you have your own kaya

Check list for course participants :

This is what you need to bring with you to the course. It is a prerequisite that this is in place before going on the water.

On your body

- Two pairs of wool underwear and fleece to have underneath the dry suit
- Two pairs of thick wool socks
- Dry suit is mandatory this time of year (can be rented, see above)

Wool is the best for cold water, normal "super underwear" is of little use when it gets wet.

Neoprene hood, shoes and gloves are provided by the club.

In the kayak

- Two pairs of hats and mittens/gloves for the breaks
- A warm jacket for the breaks
- Towel
- Pack a big lunch and bring a warm drink in thermos

- It is beneficial to bring an extra thermos with hot water, more info on introduction night as to why
- Snacks, nuts and chocolate is always good for quick energy boosts.

Pack water-tight – everything gets wet

Water tight bags are best and can be purchased at most sporting goods stores. Do not buy too big bags, it is better to have many small than one big as the sizes of the kayak openings are a restriction.

If you do not have water tight bags, use plastic bags but ensure you close them properly.

If you use glasses and/or sunglasses, attach them to a neck string to avoid dropping them in the sea.

On sunny days remember: sunblock, sunglasses and cap/hat.

Cameras, phones and car keys don't like water so keep them safe or leave them in your car / club house.

Remember to have dry clothes to change to when we return. Some of the equipment we lend out must be taken home overnight and dried for the next day.