

Youth Adventure Kayak Camp Itinerary

The goal of our summer day camp program is to provide an enjoyable and challenging experience for youth (13-18 years) in a natural environment. Whitewater kayaking is a skill that requires balance and coordination more than strength and is an activity that can be mastered by most people who are in reasonably good physical shape. However, many of the techniques involved in the sport can be counter-intuitive and so are much more easily learned with an experienced instructor.

Instructors at the Warm Rapids Inn have many years of whitewater teaching experience and are certified through CanoeKayak Canada and CanoeKayak BC - Whitewater. In addition each is certified in wilderness first aid and swiftwater rescue. The focus of the three fun-filled days will be to work with each participant individually and within groups to ensure they grasp the skills and techniques being taught.

The general format for the three day adventure camp is as follows:

Day 1

The basic fundamentals of the sport are covered in a brief session of classroom time followed by hands on demonstrations of kayak entry and exit, paddle grip and use, followed by wet exits and rolls (demonstrated) in the pool. In the afternoon we head to the Cowichan River where everyone gets a chance to practice using a rescue throw rope, learn defensive swimming techniques, see some demonstrations and get some swimming time in - just for fun.

Day 2

Taking the knowledge and techniques learned on Day 1, we again head to the river. During the morning the instructors will guide the group and individuals on flat water through a series of paddle strokes they need to know in order to manoeuvre their kayaks with control on moving water. These strokes include the forward stroke, reverse stroke, low braces, forward sweep, reverse sweep and a few others if the group is keen.

The afternoon session includes the first opportunity to experience Class I rapids. Using newly learned paddle strokes and river skills, the group will be guided down the river and shown how to enter and exit eddies using two basic techniques and experience the thrill of kayaking in moving water. There will even be time for demonstrating and practicing some of the rescues and rolls covered earlier. Ultimately, we will attempt forward and back ferries as well as wave surfing.

Day 3

The kayakers now get to take their skills to the next level and enjoy a new section of the Cowichan River for some Class I and II paddling. On this stretch of the river participants will continue to improve their eddy turns and ferries. With the water being slightly faster, we'll utilize all the skills we have learned the previous two days. It is an exciting opportunity to work with the instructors to fine-tune paddling techniques and river skills and put them into practice with confidence.

Next steps will be discussed and some of the most popular kayak moves such as 'pop-ups', 'squirts', and 'cartwheels' will be demonstrated as a finale.

\$325 + GST per person includes kayaks, gear, t-shirt & course completion certificate

**Accommodation with meals is possible at an additional cost subject to availability as follows:*

YOUTH ADVENTURE KAYAK CAMP ACCOMMODATION OPTIONS

1. Add Camping with Meals to the YAKC rate (\$325):

- \$15/person/night using tent platforms includes breakfasts (access to downstairs toilet and shower included)
- add \$50 for additional meals* (3 x lunches; 2 x dinners)
- So, camp Wed & Thurs nights with meals (Wed lunch & dinner, Thurs breakfast, lunch & dinner; Friday breakfast & lunch) = $\$15+\$15+\$50=\80 + GST
- Total camp price = $\$405$ ($\$325+\80) + $\$20.25$ GST = **\$425.25**



2. Add B&B stay with Meals to the YAKC rate (\$325):

- YAKC single occupancy rate at Warm Rapids Inn is \$70/night and includes breakfast (YAKC double occupancy rate of \$85/night may be split by participants willing to share a room). These are special run of house rates and are subject to availability
- add \$50 for additional meals (3 x lunches; 2 x dinners)
- So, for one person to stay inside Wed & Thurs nights with meals = $\$70+\$70+\$50=\190 +GST
- Total camp price = $\$515$ ($\$325+\190) + $\$25.75$ GST = **\$540.75 (single occupancy)**
- Two persons sharing may stay inside Wed & Thurs nights with meals = $\$42.50+\$42.50+\$50=\135 +GST
- Total camp price = $\$460$ ($\$325+\135) + $\$23.00$ GST = **\$483.00 (double occupancy)**

**Idea is parents drop youth off Wed morning and pick up Friday pre-dinner. Add an additional \$15/person if arriving Tues. pm after dinner to camp. Add an additional \$70 (or \$42.50) per person if arriving Tues. pm after dinner to stay in B&B.*