

# 2024 Introduction to Sea Kayaking Course

May 21 – June 2

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## **AGENDA**

### **Course Structure and Schedule:**

The course consists of two lectures, one pool session, one open water session and one “wet paddle”.

### **Classroom Session - Friends Meeting Hall, 3201 Boston Harbor Road NE, Olympia, WA 6:00-9:00pm Tuesday May 21:**

Introduction, orientation, equipment overview, safety, introduction to basic techniques.

### **Pool Session - Shelton HS Pool, 1:30pm-4:30pm Sat. May 25:**

Swim test, entry and exit, rescue techniques, fitting your kayak, bracing.

### **Zoom Session – 5:30-8:30pm Wednesday May 29:**

10 essential, clothing, trip planning, first aid, hypothermia, trips and followership

### **Open Water Session - Kenneydell Park, Black Lake 8:30am-4:30pm Sat., June 1:** Boat loading and tie down, forward paddling, braces, turning strokes.

### **Wet Paddle, - Boston Harbor 8:30am-5:00pm Sun., June 2:**

Four hour paddle and cold water self and assisted rescue clinic.  
(Plan to get wet in COLD water.)

One additional club sponsored paddle is required to graduate.

### **Graduation Requirements:**

1. Swim 50 yards.
2. Attend all sessions.
3. Successfully complete both pool and the open water session.
4. Successfully participate in two club sponsored paddles, one of which is a “Wet Paddle”.
5. Complete all requirements by Dec. 31, 2024

## Pool -Training-Session Information

2024 Olympia Mountaineers Sea Kayaking Class

**When: Saturday May 25, 1:30pm – 4:30pm**

**Please try to arrive promptly to maximize our time in the water.**

**Where:** Millersylvania Park

### Bring:

- *Please arrive 30 minutes early to unload boats and stage gear*
- *Swim wear, rash guard shirt, or wet suit.*  
*Foot protection (water shoes or old sneakers – NOT sandals)*
- *Nose plugs are good to keep the water out of your nose when upside down. If you wish goggles or even a swim mask can be used.*
- *Bring your own boats, paddles, PFDs, spray skirts, pumps and paddle floats if you have them. If you don't, we will supply these. BOATS MUST BE SPOTLESSLY CLEAN, INSIDE AND OUT BEFORE BRINGING TO THE POOL.*

### Reading Assignment:

- Boat Fitting: pp. 94-96*
- Getting in & out of the boat: pp. 107-108*
- Wet Exit: pp. 131-133*
- Rescues: pp. 133-147*
- Strokes: pp. 109-127*

### Remember:

*After the class, please stick around and help us get boats packed up.*

Begin Time	End Time	Activity
1:30	1:50	Swim test, group demo
1:50	2:15	Boat fitting, wet exit
2:15	3:15	Rescues
3:15	3:25	Bracing, Strokes
3:25	3:30	Wrap up

## **Directions to Shelton High School Pool**

Directions: From Olympia take 101 north . Take the third Shelton exit for Wallace Kneeland Blvd. Turn right at the end of the exit ramp. At the third traffic light turn left onto N.Shelton Springs Rd. In approx. 1/2 mile turn left into the first driveway for the high school which is immediately after the football/soccer field. Go straight back and just before the driveway starts to curve right, turn 90 degrees left up onto the curb btw the two buildings. You will see people unloading boats.

If you are coming from the north on 101 there is an exit directly onto N.Shelton Springs Rd. The high school will then be on your right and the driveway will be after the large parking lot, just before the football field.

Your boat must be totally clean including hosing out the cockpit BEFORE you get to the pool as we have no hose on site. We cannot leave any sand or dirt of any sort in the pool. If you arrive with a dirty boat, you will unfortunately be turned away.

You need to sign a waiver for the YMCA which is managing the high school pool. If you are a YMCA member already, you have already done this; no action is needed. For the rest of us, we need to go to the YMCA site and register. It is a free registration which allows you to sign their waver. Instructions of how to find and fill out this application/registration form will be emailed to you once you sign onto this activity. If you have already done this once, you do not have to do it again.

## Open-Water-Training-Session Information

2024 Olympia Mountaineers Sea Kayaking Class

**When:** *Saturday, June 1, 8:30am – 4:30pm*

**Where:** *Kenneydell Park, Black Lake*

### **Bring:**

- Wetsuit or drysuit is required for this session.*
- Shorts (if warm & sunny) and/or rain pants over polypro long-johns (depends on the weather - **BE PREPARED FOR COLD**). Layer long-johns if you chill easily. Poly pro top or wool; avoid cotton. Wear wool hat if cold, visor, cap, and sunglasses if hot and sunny. Prepare to layer clothing. Bring rain coat. Poly fleece is warm, bring as extra.*
- Extra set of clothing to leave in the car (unlikely, but in case you tip over or otherwise get wet). If sharing a ride, make sure each rider has access to the car.*
- Lunch, and energy snack, drinking water, and a thermos of hot liquid, if cold.*
- Bring a dry-bag, (double garbage bags work fine), to put lunch, jacket, etc. to carry in the boat.*
- Bring a sense of adventure, and humor. This is going to be a fun day!*

### **Reading Assignment:**

- Getting in & out of the boat: pp. 107-108*
- Strokes: pp. 109-127*

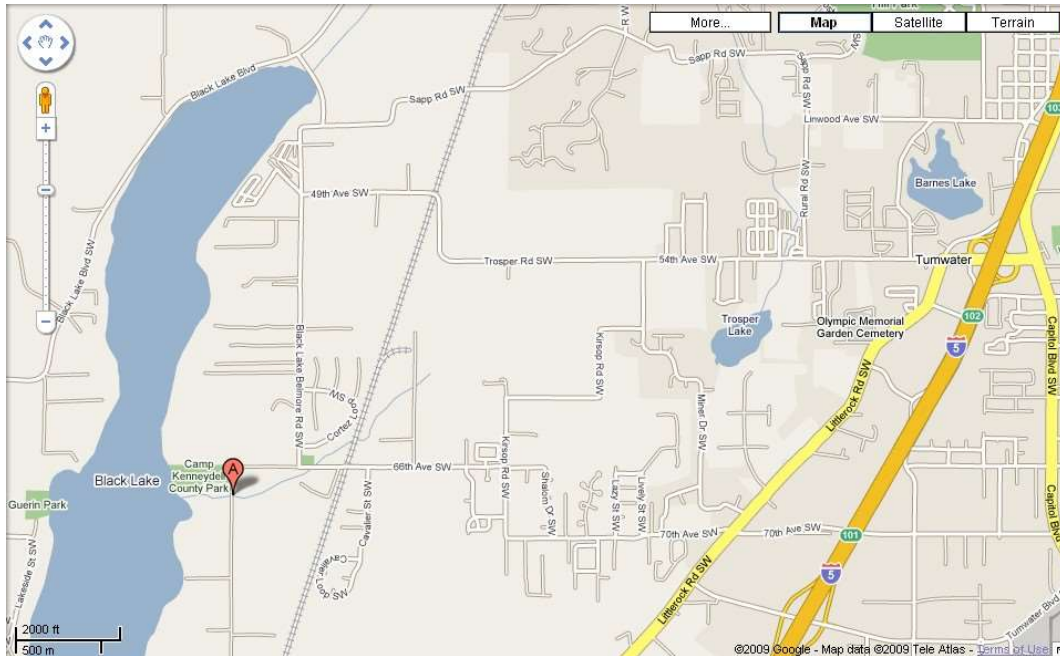
### **Remember:**

- After the paddle, please stick around and help us get boats packed up. We may need help getting the rental boats back to town. Any assistance is appreciated .*

<b>Begin Time</b>	<b>End Time</b>	<b>Activity</b>
8:30	9:00	<b>Check In:</b> Get prepared, carry boats down to beach.
9:00	10:15	<b>Orientation and beach instruction:</b> Introductions, outfitting, daily schedule, goals, warm up, etc.
10:15	11:45	<b>Launch, paddle, evaluate</b> <ul style="list-style-type: none"> <li>• Launching</li> <li>• In boat stretching</li> <li>• Hip snap, J-lean</li> <li>• Low Brace</li> <li>• Sweep Strokes</li> <li>• Stopping</li> <li>• Forward Stroke</li> <li>• Reverse Stroke</li> <li>• Side Draws</li> <li>• Stern Rudder</li> </ul>
11:45	1:30	<b>On-shore lunch and beach instruction</b>
1:30	4:00	<b>Review &amp; Practice:</b> Review morning's work and go on a short paddle along shore
4:00	4:30	<b>Wrap Up:</b> Questions, carry boats back.

OPEN WATER SCHEDULE

## DIRECTION TO KENNEYDELL PARK—OPEN WATER



### From 101:

- |   |   |        |
|---|---|--------|
| 2 | Get on Black Lake Blvd SW and drive southwest | 0 ft   |
| 3 | Turn left onto Black Lake-Belmore Rd SW       | 1.9 mi |
| 4 | Turn right onto Black Lake-Belmore Rd SW      | 0.3 mi |
| 5 | Turn right onto 66th Ave SW                   | 1.3 mi |
| 6 | Turn left onto Fairview Rd SW                 | 0.2 mi |
| 7 | Turn right into Kenneydell Park               | 0.1 mi |

### From I-5 Southbound:

- |    |  |        |
|----|--|--------|
| 3  | Take exit 102 to the right onto Trospen Rd SW<br>Turn right onto Trospen Rd SW |        |
| 4  |  | 0.4 mi |
| 5  | Turn left onto Littlerock Rd SW  | 492 ft |
| 6  | Turn right onto 70th Ave SW  | 1.3 mi |
| 7  | Turn right onto Kirsop Rd SW   | 0.8 mi |
| 8  | Turn left onto 66th Ave SW   | 0.3 mi |
| 9  | Turn left onto Fairview Rd SW  | 1.0 mi |
| 10 | Turn right into Kenneydell Park  | 0.1 mi |

### From I-5 Northbound:

- |    |  |        |
|----|--|--------|
| 3  | Take exit 101 to the right onto Tumwater Blvd SW |        |
| 4  | Turn left onto Tumwater Blvd SW                  | 0.4 mi |
| 5  | Turn right onto Littlerock Rd SW                 | 0.5 mi |
| 6  | Turn left onto 70th Ave SW                       | 0.2 mi |
| 7  | Turn right onto Kirsop Rd SW                     | 0.8 mi |
| 8  | Turn left onto 66th Ave SW                       | 0.3 mi |
| 9  | Turn left onto Fairview Rd SW                    | 1.0 mi |
| 10 | Turn right into Kenneydell Park                  | 0.1 mi |

## Wet Paddle-Training-Session Information

### 2024 Olympia Mountaineers Sea Kayaking Class

**When:** Sun. June 2, 8:30 AM to about 5:00pm

**Where:** Boston Harbor Marina (See map on reverse)

#### **Bring:**

- We will be paddling around the Boston Harbor area and down Budd Inlet in the morning. Dress for a kayak trip on the sound according to the day's weather..
- Shorts (if warm & sunny) and/or rain pants over polypro long-johns (depends on the weather - BE PREPARED FOR COLD). Layer long-johns if you chill easily. Poly pro top or wool; avoid cotton. Wear wool hat if cold, visor, cap, and sunglasses if hot and sunny. Prepare to layer clothing. Bring rain coat. Poly fleece is warm, bring as extra.
- Wet suit or dry suit is required to be worn for the day.
- Extra set of clothing to leave in the car for after you return wet..
- Lunch, and energy snack, drinking water, and a thermos of hot liquid, if cold.
- Ten essentials
- Bring a dry-bag, (double garbage bags work fine), to put lunch, jacket, etc. to carry in the boat.
- Bring a sense of adventure, and humor.

#### **Reading Assignment:**

- Strokes: pp. 109-127
- Rescues: pp. **115-120, 133-147**

#### **Remember:**

- We will stop for lunch at Burfoot Park. Toilets are available up the hill from the beach
- This is going to be a fun day! Everybody gets wet, including instructors.



## Directions to Boston Harbor Marina, 312 73rd Ave. NE

From South, West (Tumwater, Shelton):

Take I-5 North, or US 101 South to I-5 North. Exit 105 B, Port of Olympia  
Take right hand lane. Turn right at Stop sign. Turn left at Light onto Plum Street

From North (Seattle, Tacoma)

Take I-5 South. Exit 105 B, Port of Olympia. Follow exit on to Plum Street

(Common directions from I-5 exit or from Olympia:)

North on Plum Street towards the Port and East Bay. Straight on Plum which turns into East Bay Drive after it crosses State. Continue north past Priest Point Park. East Bay Drive, turns into Boston Harbor road. About 6 miles from town, at stop sign (Welcome to Boston Harbor) turn left. Marina is two blocks on right. Marina customers (boat renters) may park in lot on left of restroom. Others park to left of ramp facing water or on side street left of 73rd, up the hill. Don't block driveways. Parking is a little tight, car pool if you can.

