



CANOE & KAYAK PROGRAM GENERAL INFORMATION 2019

This page is yours to keep for future reference

CHANGES: Class times, dates and locations may be altered due to inclement weather, insufficient registration or unavailability of facilities or instructors. If complete program cancellation is necessary, a full refund will be issued to registrants.

REFUNDS: Written notice of cancellation must be received minimum 5 working days prior to commencement of the program in order to be eligible for a refund, less a 10% administration fee. Requests for refunds received any later will be considered solely at the discretion of NARWAL.

EQUIPMENT: NARWAL will provide the following equipment unless otherwise specified at the time of registration: Boats, PFDs (lifejackets), and paddles. Candidates may use their own equipment with the instructor's approval, however no discount will be provided.

CANDIDATES ARE RESPONSIBLE FOR PROVIDING THE FOLLOWING:

Clothing suitable for the weather (i.e. synthetic pant/shirt with light nylon rain jacket/pants.	Minimum one litre water or juice for each session; minimum 2 litres water or juice, lunch and snacks for full day courses & tours
NOT Recommended: Cotton clothing such as jeans and sweat pants	Wool or fleece hat and ball cap; gloves
One complete change of clothing. (PLAN ON GETTING WET!)	Sunglasses, insect repellent & sunscreen
Protective footwear (No high rubber boots or hiking boots in boats)	Glasses strap for those who wear glasses
FOR POOL SESSION(S): Swimsuit. Participants should also wear pants and shirt in the pool to make the rescue practice time more realistic, and to provide protection when climbing into and out of the boats. Dive mask and/or swim goggles & nose plug are recommended for Eskimo roll classes.	

CANDIDATE SAFETY REQUIREMENTS: As in any outdoor program, the element of risk will always be present. We can, however, reduce the risk to yourself and others by insisting that all participants observe the following precautions:

1. Participants must wear an approved lifejacket (PFD) at all times when on the water.
2. Participants must remain with the group unless given permission by the group leader.
3. Participation in the safety/rescue session held in the swimming pool IS MANDATORY. Students who do not participate in this session will not be permitted to participate during the open water session(s).
4. NARWAL reserves the right to limit program access to those who can demonstrate an adequate skill level and safety conscious attitude.
5. The authority of the group leader must be respected at all times. Non-compliance may result in expulsion from the program, without refund.

COURSE LOCATION: For pool sessions, students meet on the pool deck just outside the change rooms. Do not get changed right away, but please remove footwear before entering the change rooms. For other sessions, participants meet at 4702 Anderson Thomson Blvd. (Peace River Flats area, north of the Racquet Club, adjacent to Back Bay) unless otherwise specified during registration or previous class.

To walk/bike from uptown to our teaching site on Back Bay:

Proceed down Franklin toward Old Town. Turn left on to Hamilton (past Fritz Thiel Ball Diamond, opposite Hak's Auto Body. Pass 2 houses on your right, and turn right on Lois Lane (past prominent A-Frame). Pass 2 houses on your left; turn left on to Anderson Thomson Blvd. Stay left; go to the last house on the left (4702).

TRANSPORTATION & PARKING: Participants are responsible for their own transportation to & from teaching sites. This includes all out of town teaching locations. Biking and walking to in-town teaching sites is greatly appreciated. Car pools will be facilitated for out-of-town courses. **PARKING SPACE ON ANDERSON THOMSON BLVD IS VERY LIMITED!** Participants are encouraged to park at the Fritz Thiel Ball Diamond (by the Racquet Club). Proceed through Josephine Walzer Park toward Back Bay. Our house is the last house on the left. There is a green chain-link fence. **PLEASE DO NOT LET THE DOGS OUT OF THE YARD.**

PLEASE KEEP IN MIND THAT WE WILL BE MEETING IN A RESIDENTIAL NEIGHBOURHOOD. IF FOR SOME REASON YOU MUST DRIVE, YOUR COOPERATION IN ADHERING TO SPEED LIMITS (EVEN IF YOU ARE LATE FOR CLASS!) AND KEEPING A SHARP LOOKOUT FOR SMALL CHILDREN IS MOST APPRECIATED.