



PACIFIC INTERNATIONAL KAYAK ASSOCIATION

PADDLER GUIDELINES

This document provides requirements and expectations for participants in PIKA paddles. To learn about the PIKA classifications for paddles, see the trip schedule.

EQUIPMENT REQUIREMENTS

- ✓ Canadian Coast Guard requires the following minimum equipment for a kayak:
 - Transport Canada approved PFD
 - 15 metre buoyant heaving line such as a throw bag
 - Bailer or pump
 - Whistle
 - Paddle - the regulations say you need one!
- ✓ Kayak - watertight and in good repair with proper deck lines to enable a successful self or assisted re-entry.
- ✓ Spray skirt - to keep the waves and rain out.
- ✓ Re-entry device such as a paddle float - the Coast Guard regulations don't require one, but it sure helps you to get back into your boat.
- ✓ Clothing for the conditions – typically, that means at least a wetsuit and spare clothes for after.
- ✓ Snack, lunch and beverage suitable for the weather.

MINIMUM SKILLS REQUIREMENTS

- ✓ Paddling skills - you must be able to paddle forwards and backwards and to turn with or without a rudder.
- ✓ Re-entry skills – To participate in any club paddle, you must be able to do an assisted re-entry, both as the assister and the assisted. To participate in PIKA classification 2, 3, or 4 paddles, you must be able to do an unassisted re-entry. To participate in PIKA classification 4 paddles, you must also be able to do a roll.

Ways to obtain these skills include participating in a PIKA pool or outdoor practise session, taking a Paddle Canada skills course or by paddling with friends or another club.

You must practice these skills at least once each year.

HOW TO SIGN UP FOR A PADDLE

When you select a paddle to sign up for, ensure that your skills meet the paddle's PIKA classification. The facilitator may not allow you on the paddle if they feel that you don't meet that classification.

To sign up for a paddle, contact the facilitator by email at least 2 days before the paddle and provide the following information:

- Your name
- Number of years of paddling experience and your Paddle Canada or equivalent skill level
- Name of manufacturer of your kayak and its colour
- Medical issues that the facilitator needs to be aware of
- Your cell phone number
- Emergency contact phone number
- Your vehicle's manufacturer, model, colour and license plate number
- Your MMSI number if you have a VHF radio

Drop-ins on the day of the paddle are not allowed; you must sign up with the facilitator at least 2 days before the paddle and earlier for multi-day trips as indicated in the trip calendar.