



## PACIFIC INTERNATIONAL KAYAK ASSOCIATION

### PADDLER GUIDELINES

This document provides requirements and expectations for participants in PIKA trips and training.

#### 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 or tow line
  - Bailer or pump
  - Whistle
  - Paddle
- ✓ To paddle with PIKA, your kayak must meet the following guidelines:
  - Participant must be capable of keeping pace with the group. Inflatable kayaks and kayaks less than 12 feet in length do not allow the participant to meet this guideline
  - Kayak must be capable of maintaining buoyancy and limiting water intrusion, either by means of water-tight compartments or by the addition of flotation bags
  - Subject to the above, kayak may be hard shell: fibreglass or fibreglass composite, rotomoulded or thermo-formed plastic, wood strips or plywood. Skin-on-frame kayak is also acceptable
  - Kayak must have proper deck lines to enable a successful self or assisted re-entry
- ✓ Spray skirt
- ✓ Re-entry device such as a paddle float
- ✓ Clothing for the conditions – typically, that means a wetsuit or drysuit for paddling and spare clothes
- ✓ Snack, lunch and beverage suitable for the weather
- ✓ Watertight flashlight, headlamp or a 360-degree white light when paddling after sunset or before sunrise or in periods of restricted visibility

#### MINIMUM SKILLS REQUIREMENTS

- ✓ Paddling skills - you must be able to paddle forwards and backwards and to turn with or without a rudder, as well as demonstrate the skill level appropriate for any particular trip.
- ✓ Re-entry skills – To participate in any club trip, 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 trips, you must be able to do an unassisted re-entry. To participate in PIKA classification 4 trips, you must also be able to do a roll.

Ways to obtain these skills include participating in a PIKA training clinic, taking a relevant Paddle Canada course or taking a relevant clinic with another club or a commercial provider.

You must practice these skills at least once each year.

To learn about PIKA trip classifications, see the [Trip and Training Calendar](#).

#### HOW TO SIGN UP FOR A TRIP

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

To sign up for a trip, contact the facilitator by email at least 2 days before the trip. Use the *PIKA float plan participant data* form found on the [Facilitator Resources](#) page to provide the following information:

- Your name
- Number of years of paddling experience or your Paddle Canada or equivalent skill level
- Name of manufacturer of your kayak and its colour
- 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

In the email, include information about medical issues that the facilitator needs to be aware of.

Drop-ins on the day of the trip are not allowed; you must sign up with the facilitator at least 2 days before the trip and earlier for a multi-day trip as indicated by the sign up by date in the Trip and Training Calendar.