

**Class Meeting Location:** Clavey Paddlesports Store, 409 Petaluma Blvd. South, Petaluma CA

Restrooms and Potable Water Available

**Meeting Time:** 10:30 AM. Please be prompt.

### **Clothing And Other Gear You Need To Bring**

- "Wear athletic clothing that wicks water, and dries quickly: Nylon or quick dry shorts or pants, capilene shirt, and windbreaker. **Do not wear cotton jeans, cotton cut-offs, or cotton shirts. "**
- Footwear: Low profile water shoes, or sandals with back straps.
- Hat with a bill for the sun.
- Sunscreen & Lip balm
- A change of dry clothes, towel, and dry shoes.
- Strap for your sunglasses and prescription glasses so you won't lose them in the water. Chums or Croakies work well.
- Water, Lunch, Snacks
- Signed Liability Release

### **Intro To Kayaking Class Schedule**

The first part of the class will begin at the Clavey store site and will address a range of topics including:

- Different types of kayaks
- Paddles
- Clothing
- Safety gear
- Lunch Break

After lunch we will meet at the boat house (at the Northbay Rowing Club, end of Second Street) for our on-the-water portion of the class. Here's what we cover:

- Entering and exiting a kayak
- Three important reasons for foot braces
- How to sit in a kayak for maximum control and power
- The body mechanics behind the strokes
- Proper technique for forward stroke, forward and reverse sweeps, and draw stroke
- How to keep your boat going straight
- Leaning the boat's hull - when, why, and how
- "Raft up"
- Quiet paddle, quiet boat

**For questions or concerns please contact Clavey Paddlesports at 707-766-8070 or [info@clavey.com](mailto:info@clavey.com).**

### **Gratuities:**

Our guides are highly qualified individuals that enjoy sharing paddle adventures with our guests. If you have particularly enjoyed a trip, please feel free to leave a tip with our guides.

### **Reservation / Cancellation Policy:**

- If you find it necessary to change the date of your trip or tour, a \$10.00 fee will be charged. Your space is not confirmed until we have received payment in full.
- We cannot make refunds for cancellations made within 2 weeks of the class/tour. We encourage you to find a friend or family member to take your place.
- If you must cancel within two weeks of your class/tour, we will apply your credit to another class/tour.

- Sorry, there are no refunds or credits for no shows, late arrivals or cancellations made within 24 hours of the trip.
- You will be asked to sign an assumption of risk and liability release prior to participating in any class or tour.
- This is a requirement for our insurance carrier; participants may not join a class or tour without a signed form.
- We reserve the right to cancel or curtail a trip due to weather conditions or other conditions out of our control. In this case, we do our best to provide you with another suitable date, issue a credit or refund.
- Pre-registration is required for all classes/tours. We can take a reservation up to 4:00 PM the day before the class/tour. Unfortunately, we usually cannot accommodate reservations the morning of the class/tour. If you would like to make a reservation the day before the class/tour after 4pm please call us at 707-766-8070 to check if space is available.