

GREAT LAKES SUP TOURING SKILLS COURSE

Thank you for registering for our Great Lakes SUP Touring skills course. This course is for the explorers out there; the stand up paddlers that are ready to start exploring more technical and remote paddling routes, but would like to build the knowledge, skills and confidence to do so safely. Our focus will be on the unique skill sets needed to tour the Great Lakes and the thousands of islands that speckle the Georgian Bay Coast. On course we will cover gear requirements and packing, touring specific SUP equipment, route planning, creating a safety plan, emergency communication options, navigation, decision making, paddling in open water conditions with a loaded board and building sound and efficient paddling technique for long distance travel. Depending on the groups interest and time, we are also happy to include tips and tricks for paddling in-land routes that require portaging. We are stoked to offer this course and from it, open up a new world of paddling opportunities to you.

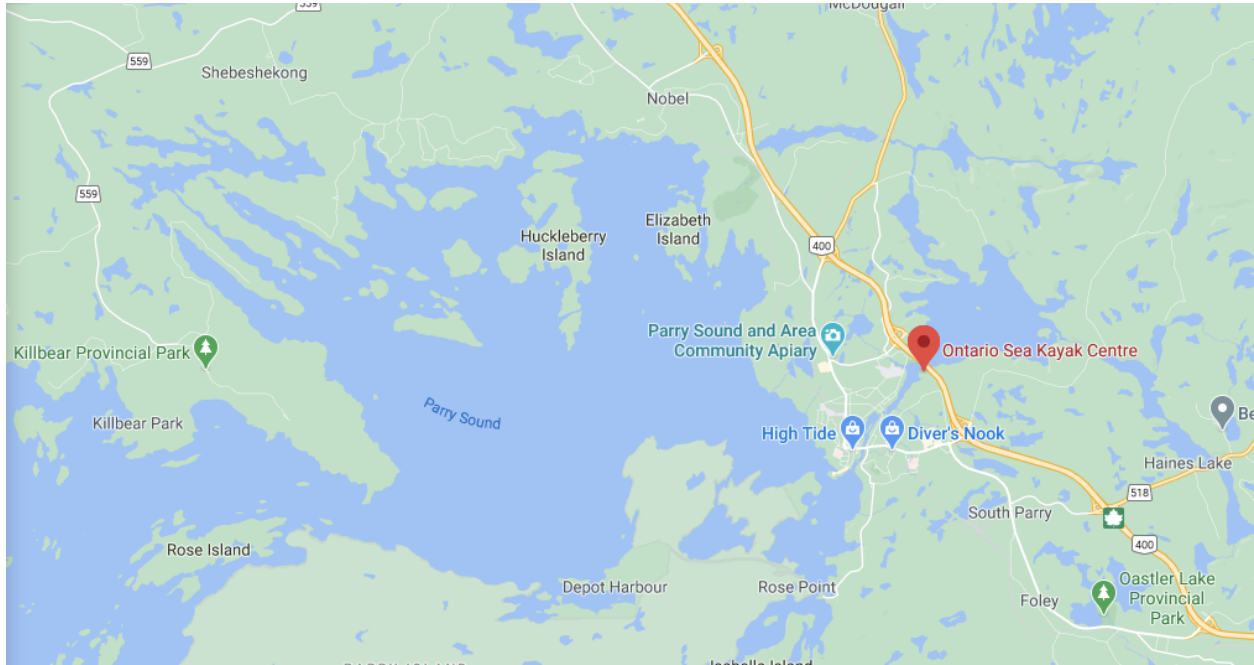


COURSE LEVEL / PRE-REQUISITES

This is considered an intermediate level course. Participants must have experience on a stand up paddleboard and be confident paddling in light to moderate chop and wind. Paddle Canada basic and advanced sup skills or equivalent experience is highly recommended along with no less than 1 year of consistent paddling.

LOCATION

Our basecamp for this course is the **Ontario Sea Kayak Centre**, just outside Parry Sound, ON, also home to the Harmony Outdoor Inn.
6 Harmony Lane, Parry Sound, ON.



This will be our base camp for the majority of our dryland training on day one and being situated right on Seguin River near Georgian Bay, will also be where we kick off our on-water training.

Day 2 and 3 will take us 30 minutes North to Snug Harbour, our launch location on the Georgina Bay Coast and our access point to the Georgian Bay Biosphere Reserve. Here we will spend our days building and practicing our touring skills while exploring Franklin Island and the surrounding area. (specific route is highly dependent on weather. We will be building our routes as a part of the course making each course its own unique adventure!)

TIMINGS

The course will kick off at noon on Day 1. Timings and paddling routes for successive days will be highly dependent on weather, but you can expect a full day of activity! We will be off the water by no later than 5pm on day 3.

DAILY DISTANCES

On day 2 and 3 of course, participants can expect to paddle 10-15km per day. The intended pace is steady and manageable (moderate exertion) with frequent stops (you're going to want to take pictures and enjoy the beautiful views!)

WHAT'S INCLUDED

- Your highly qualified guide. Our guides have over 20 years experience in paddling, guiding and coaching. Wilderness First Aid certified.
- Skog A Kust Drybags for your use during the course
- Launch Fee at Snug Harbour

NOT INCLUDED

- Accommodations - we have set aside the prospector tents at Harmony Outdoor Inn should you wish to stay at our base camp location. Call Harmony Outdoor Inn at 705-771-9555 to reserve.
Prospector Tents are \$160/nt based on double occupancy.
- Food - outdoor camp kitchen available for meal prep on site at Harmony Outdoor Inn
- Travel to and from Parry Sound and travel within Parry Sound to launch locations.
- Equipment – for participants that do not own a board appropriate for touring, a touring specific package courtesy of Infinity SUP Canada is available for rent (board, paddle, pfd, leash) for \$100 + HST for the duration of course. NOTE: Participants must wear jacket style pfd's for this course.
- Parking at our launch sites.

WHAT TO BRING

Inflatable or hard touring board – you should be able to secure a drybag to the deck (touring equipment package available for rent)

Paddle

Leash

PFD (jacket-style)

Whistle (attached to pfd)

Towel

Change of clothes for each day, in case you get wet

Rain jacket / wind shell

Paddling shoes (footwear for breaks onshore)

A means of carrying water on board for the day (2L capacity)

Meals and snacks

Sunscreen

Hat

Sunglasses

Compass (if you have one)

First Aid Kit (If you have one. This is a good time to start putting one together for your future adventures)

Waterproof camera or phone in waterproof case

Bedding or sleeping bag if staying in the prospector tent (you are provided with pillows and a bottom sheet)

MAP – we will be using the [Franklin Mink and McCoy Island Sea Kayak Map](#) and will have a few on hand for our training. Feel free to purchase one in advance if you would like your

own (you'll need one for the next time you go back! Oh you'll be back....) or send us an email and we'll include it in a group order.

CANCELLATION POLICY

Registration fee is fully refundable up to 60 days prior to course start. Less than 60 days from the start of course and the registration fee is non-refundable, however if we are able to fill the spot, we are happy to process a refund for you.

If we need to cancel a course due to inappropriate weather conditions or due to restrictions as a result of the pandemic, you will receive a full refund of the course registration fee.

(Note: any accommodations booked would be subject to their own cancellation policy)

COVID-19 SAFETY MEASURES

We certainly find ourselves in unique times as we navigate the current pandemic. It is our highest priority to keep all of our participants safe both on and off the water during all of our courses and trips. While the pandemic is ever evolving, we have put measures into place based on current guidelines to keep our participants health and happy throughout their experience. Equipment will be designated to each individual paddler for the duration of course and we will maintain physical distancing during all dryland components. If we are closer than the suggested 6 feet, participants and your guides will all be required to wear a mask. All participants will be required to complete our COVID screening form no more than 24 hours out from the start of course. If anyone feels unwell prior to course start, not to worry, you will receive a full refund, no questions asked. We understand how important these experiences are for both mental and physical health and are confident we are providing not only the safest classroom possible but also the most enjoyable and rejuvenating. We look forward to paddling with you all soon!