

# Canoe

SOUTH AUSTRALIA

# Directory

# 2007



Canoe South Australia Inc is supported by



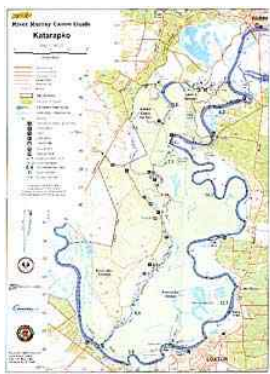
Government of South Australia  
Office for Recreation and Sport

# Canoe Guides

The River Murray Canoe Guides are a fantastic resource for paddlers exploring the many waterways of South Australia. The maps have been developed thanks to a combined effort by the Office for Recreation & Sport, National Parks and Wildlife SA, Heritage SA, and Canoe South Australia.

All of the guides feature the map, with topographic information, details of access points, camping sites, and other points of interest. On the reverse there is a description of the area, with suggested routes, paddling and camping precautions, and contacts for permits and other information.

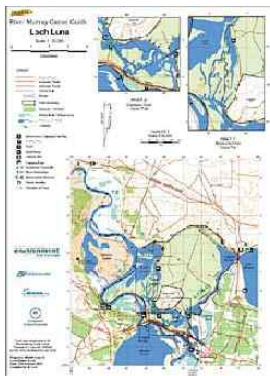
The scale is generally 1:50,000, and the maps are printed on plastic material, so water won't worry them. They come as an A3 sheet, folded for convenience.



*The first map in the series is **Katarapko Creek**, a popular paddling area near Loxton.*



*The second map is of the **Chowilla** area, near the border of SA, NSW and Victoria.*



*Third in the series is the map of **Loch Luna**, near Kingston on Murray. Insets show the **Chambers Creek** and **Nockburra Creek** canoe trails.*

*Also available is the **Torrens Island** map, showing the mangrove areas of **Barker Inlet**, and the **Garden Island Ships Graveyard**.*



Look out for the new maps of the Coorong, Ral Ral Creek and Pike River which are under development and to be released soon.

Check our Paddling in SA page at [www.canoesa.asn.au](http://www.canoesa.asn.au) to purchase maps online and for information on new releases. RRP \$5.00

The Canoe Guides are also available from the Canoe SA office and most canoeing and outdoor shops.

## ***About Canoe South Australia Inc...***

Canoe South Australia is the state peak body for the canoeing and kayaking activities in South Australia and is involved in these activities at all levels from the novice paddler learning the basic skills, recreational paddling on rivers, lakes and sea, industry instructors and guides. On the competition side it oversees Canoe Polo, Marathon and Flatwater paddling at club and state level and links closely with the South Australian Sports Institute in the discipline of Flatwater.

Although South Australia does not have the rivers and lakes that are prevalent in the eastern states, we have some of the best canoeing venues in the country. We are fortunate to have the magnificent Murray River and its backwaters, some of the best sea kayaking locations, as well as protected flatwater venues such as West Lakes and the Onkaparinga River. There is opportunity to canoe or kayak on these waters without disruption or interference.

### ***So where do you start?***

For those who have little experience in paddling, a great starting point is a Basic Skills Course, which is a one day program teaching the essential skills required for flatwater recreational paddling. (See the Activities Calender in the booklet.) Once completed, our clubs offer a range of paddling activities that are suitable for novices. Whether it is recreational touring or competition paddling, there is something for everyone in our clubs.

Other ways to become involved are through our regular recreational paddling programs delivered in conjunction with our clubs, perhaps a club event such as a day trip or even a race.

South Australia will be hosting a number of major events during 2007 with the World Police & Fire Games in March 2007, Australian Canoe Polo Championships and Oceania Championships in April 2007 and the Australasian Masters Games in October 2007.

### ***Canoe South Australia – Getting People Paddling!***

#### **BENEFITS OF BEING ACTIVE**



#### ***be active* Tip No. 1**

Physical inactivity and obesity are significant community health problems. Unless we become more physically active, Australians will continue to suffer lifestyle diseases associated with physical inactivity. The good news is that being active does not have to be difficult, boring or take up lots of time.

There are many potential benefits of being active regularly. They include:

- Improved self image and self esteem.
- Better sleep, lower stress and anxiety levels and reduced feelings of depression.
- Decreased likelihood of developing heart disease and stroke, type 2 diabetes, prostate and breast cancer.
- Improved blood pressure, cholesterol levels and aerobic fitness.
- Social benefits to the community such as stronger social ties within community groups, better family relationships, and a decrease in crime and anti-social behaviour.

Get started on some regular physical activity today; combined with healthy eating, you're on the path to a healthier, happier you!

Visit [www.beactive.com.au](http://www.beactive.com.au) for more information.

# EDUCATION

In South Australia our education program offers the Australian Canoeing Award Scheme. This is the only nationally recognised set of canoeing qualifications that can be gained in this state. The award scheme conducts courses ranging from Basic Skills to Instructor level, and maintains standards of safety and competence within recreational clubs and other organisations. This includes schools, which conduct canoeing in their programmes.



A series of courses is planned for the 2006-07 summer season, with Basic Skills, Introductory Sea, and Flatwater Instructor courses generally conducted monthly.



Course brochures with dates, costs and registration forms, are available from the office or from the website [www.canoesa.asn.au](http://www.canoesa.asn.au).

# RECREATION

Recreational programs are aimed at people who paddle or want to paddle for the fun and excitement of it. The recreation canoeing committee provides information on canoe touring and recreational canoeing in general. Its members are also involved in the ongoing development and distribution of the new SA Trails Canoe Guides. The guides, which are



printed on waterproof material, are available for Katarapko Creek, Chowilla Creek, Loch Luna (Chambers Creek) and Torrens Island. You can now purchase these maps on the Canoe SA website. Go to the Paddling in SA menu and click on the "Purchase Trails SA Maps here".

# MARATHON

**Marathon** canoeing involves racing canoes or kayaks over distances greater than 10km in flatwater rivers and lakes. Marathon racing is participated in at club, state, national and international levels with Australia being a strong player in the discipline particularly at the 2003 World Championships in Spain and 2004 World championships in Norway.

South Australian was well represented in the 2006 Marathon World Championships in Portugal. Bennett Maxwell (centre of picture below) and Luke Morrison paired up in the K2 event and Dale Thomson and Michael Knauer in the U18 K2 event.

The major clubs supporting marathon racing in South Australia are West Lakes, Holdfast Bay, Onkaparinga, Christian Brothers College and of course the Marathon Canoe Club of South Australia. The Marathon Canoe Club also holds a three day ultra marathon event on the Murray River in June each year with the paddlers competing over distances of 100km, 200km or in a 200km relay. Marathon racing is open to paddlers of all ages and skill levels with a great variety of classes of racing available. Speed is not necessarily the main goal when marathon racing, as it is often more of a challenge just to complete the course rather than get there in a rush!

Adelaide was fortunate enough to hold the 1994, 1999 and 2006 Australian Marathon Canoe Championships at West Lakes thereby setting the standard for these competitions in Australia. In 2005, Canoe SA also hosted the Australian Masters Games Sprint and Marathon and will be doing so again in 2007. Perth, Australia also played host to the World Marathon Championships in 2006.

Marathon canoeing is a great way to get fit, enjoy good company and see some of Australia's best waterways. With a program of races running all year round between the clubs, beginners are always welcome, so why not come along and have a go!



## **Clubs:**

*Holdfast Bay Canoe Club  
Onkaparinga Canoe Club  
West Lakes Canoe Club  
Marathon Canoe Club  
Northern District Canoe Club*

**MARATHON CANOEING - "A FIT WAY  
TO SEE A RIVER"**

# CANOE POLO

**Canoe Polo** is like a cross between basketball and dodgem cars on water. Teams of five players in kayaks pass, catch, tackle, roll and shoot, block, dribble the ball.

## ***It's fast paced. It's fun.***

Everyone is welcome. Young or old, tall or small, male or female can compete together. Join a club team and have fun playing.

**Local Competition** is played in two seasons: The summer season commences first week of February and is played outdoors on a weekday evening during daylight saving. Winter season is played indoors at Adelaide Aquatic Centre on Saturday afternoons and starts in May.

Club fees range from \$50 (junior) depending on the services provided (ask club contacts for details). All equipment is provided free of charge.

Current regular costs for a season:

Team fees are around \$400: which usually works out to \$60-\$70 per player for a season. Pool entrance fees vary with location.



## **Canoe Polo Development Squad**

Accredited coaches provide free training sessions for beginners and juniors. Sessions are held on Sunday evening 6pm – 8pm at the Adelaide Aquatic Centre. For further details and to register contact the Canoe SA office.

## **Interstate**

There are two interstate competitions each year rotated between capital cities.

In 2007 the Australian Interstate will be held in Glenelg. Teams are selected to represent their state. The Interclub competition is held in October. Club teams nominate from all over Australia. South Australia also holds Australia Day Invitational at Mawson Lakes in January each year.

## **International**

World Championships are held every two years.

Australian Men were World Champions in 1994, 1996 and 1998.

Australian Women were World Champions in 1994 and 1998.

The ICF Oceania Championships includes teams from Australia, New Zealand, Japan and Singapore and in 2007 will be held at Glenelg from 12<sup>th</sup> – 14<sup>th</sup> April. Come down to support your country and watch this fantastic, fast passed spectator sport.



## **Clubs:**

*Adelaide Canoe Club*

*Northern District Canoe Club*

*UniSA Canoe Club*

# SPRINT

**Sprint** canoeing involves racing canoes or kayaks on a course with lanes over the prescribed distances of 200m, 500m and 1000m. Long distance events are also available on a larger lap course with distances of between 2500m and 5000m.

Sprint racing is an Olympic discipline with great competition being held at the recent Athens 2004 Olympic Games. The major sprint clubs in South Australia are West Lakes, Holdfast Bay, Onkaparinga and Christian Brothers College canoe clubs. They hold six major regattas over the summer season culminating with the State Championships in March and then National and World Championships which were recently held in Duisberg, Germany.



Canoe SA's junior development program provides a pathway for young paddlers, from beginners to junior elite level. In conjunction with SASI talent search it identifies and develops young potential elite paddlers to underpin and feed into the institute's high performance program.



In 2006 SASI scholarship holders Chris Alagich, Luke Morrison and Kate Barclay represented Australia at the 2006 ICF Flatwater Racing World Cup in Szeged (Hungary). SASA scholarship holders Alex Botha and Dale Welsh represented Australia at the U23 ICF Flatwater World Cup in Guangzhou (China). Three South Australian juniors were selected to represent Australia at the ICF Junior Flatwater Racing Championships in Bochum (Germany).

SASI scholarship holders, Kate Barclay and Susan Tegg represented Australia at the 2004 Athens Olympic Games. Kate in Ladies K4 500m and Susan in Ladies K2 500m.

Sprint racing is open to paddlers of all ages and all skill levels from beginners to the elite. Most of the clubs offer some form of development and coaching for all paddling skill levels.



## **Clubs:**

*Holdfast Bay Canoe Club  
Onkaparinga Canoe Club  
West Lakes Canoe Club*



ADELAIDE CANOE CLUB INC.

## Adelaide Canoe Club – celebrating 20 years in 2007!

The members and committee of the Adelaide Canoe Club welcome your interest in the exciting and diverse activity of canoeing.

The Club was formed in 1987 and quickly attracted members with a wide range of canoeing interests. The Club's main emphasis is on recreational paddling and touring.

Canoeing is a friendly activity, which can cater for people who wish to test their endurance as well as spend time relaxing on the water with their families and friends. Adelaide Canoe Club reflects this friendly attitude when we meet regularly for a range of activities from leisurely day paddles to more extended and sometimes challenging trips.

While enjoyment is the main aim, safety and looking after each other are always a priority.

Activities include day paddles, weekend camping trips, sea paddling, white-water and canoe polo. We have a strong commitment to skill development and education at a personal level and schedule courses to meet the needs of all members from beginners to the more experienced. Check out our Events Calendar on the website.

For more information please telephone:  
David Mallett on 8271 6354, 0412 216 354  
Visit the website to see the latest calendar of events.  
[www.adelaide.canoe.org.au](http://www.adelaide.canoe.org.au)



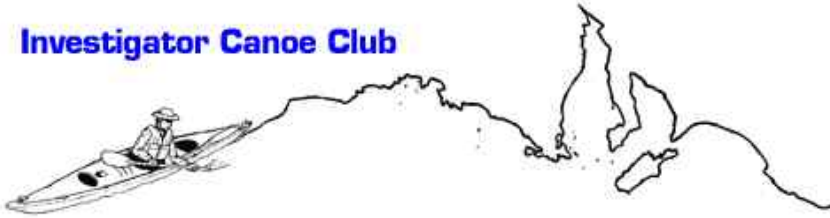
## Holdfast Bay Canoe Club

Holdfast Bay Canoe Club is a small and easy-going club. We are made up primarily of sprint kayak and surf paddlers of ages between 16 and 50. Club members are very competitive, and successfully race distances from 200 metres to 400 kilometres! A strong bond exists in our club between all members, and we always welcome newcomers. Come and join a small, friendly club with low membership rates.

Our new clubrooms are located at the Scout Association water activities facility at Anderson Ave Glenelg North.

**Contact:** Club President, Stephanie Finn on 8443 7881

**Investigator Canoe Club**



**Investigator  
Canoe Club**

## **Exploring South Australia's coastline**

Investigator Canoe Club Inc. is Adelaide's longest established recreational canoeing club. Since serious sea kayaking began in the mid-1970s when modern kayaks became available, much of that coastline has been visited and there have been numerous major expeditions including: two Kangaroo Island circumnavigations, crossings from Port Lincoln to Adelaide, visits to Neptune and other islands....our members also explore the mangrove creeks and Murray backwaters. Events are normally held regularly throughout the year, with expeditions on long weekends.

No experience is necessary before joining, and *ad hoc* instruction is always available, and we recommend Canoe SA: Education courses.

Membership rates, the current calendar and application forms are available from the Canoe SA Website, [www.canoesa.asn.au](http://www.canoesa.asn.au)

### **Contacts:**

Peter Carter Ph: 8443 4298, 0419 823 738  
[pcarter@acslink.net.au](mailto:pcarter@acslink.net.au)



## **UniSA Canoe Club**

The University of South Australia Canoe Club is Canoe SA's newest club forming in 2006 and it already has a full program with many active members. UniSACC aims to provide a diverse range of paddling opportunities to all members and you don't have to be a student to become a member nor do you need any previous paddling experience. We are simply looking for people who...

- Are interested in recreational canoeing and kayaking such as daytrips, touring, canoe polo, surf kayaking and sea kayaking.
- Would like to develop skills in canoeing and kayaking.
- Would like to pursue qualifications in canoeing and kayaking leadership.

### **The UniSA Canoe Club offers the following to members:**

- Access to canoes and kayaks at discount or subsidized rates
- Regularly programmed canoeing and kayaking activities including:
  - Australian Canoeing training courses in canoeing and kayaking

- Recreational expeditions
- Canoe Polo
- Sea and Surf kayaking

**Contact:** *John Hazel* [hazjh001@students.unisa.edu.au](mailto:hazjh001@students.unisa.edu.au)



## Marathon Canoe Club of SA

[www.mcc.canoe.org.au](http://www.mcc.canoe.org.au)

The Marathon Canoe Club was originally established by a group of keen paddlers intent on competing in Victoria's 400km Red Cross Murray Marathon. A number of races were organised over distances between 20 and 40km and interest grew. The club has no base, which enables membership costs to be kept to a minimum, but has its own trailer and a number of boats available for newer paddlers wishing to experience race conditions for the first time.

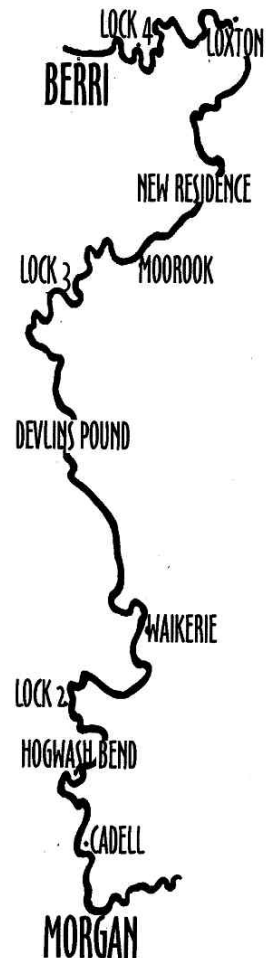
Today the club still predominantly focuses its attention on marathon racing and is the only club to do so in this state. In the past, races were conducted every month in either metropolitan (West Lakes and Onkaparinga River) or Riverland locations attracting competitors from sprint clubs to swell the numbers. A short course, usually half the distance is available to newer, less experienced paddlers as an introduction to the sport. To maintain safety standards a sweep boat follows most races.

The SA Murray 200/100 and relay events have been conducted by the Marathon Canoe Club over the June long weekend for the last 20 years. This event draws competitors from all over Australia to race the 200km between Berri and Morgan over three days. It has become a "must do" event for all competitive canoeists as well as a target for future achievement for many novices. This event has been growing in popularity each year and is suitable for newer paddlers who wish to dabble in some ultra marathon or experienced paddlers who want a short burst.

Enquiries regarding membership, competition and training are most welcome from interested paddlers, both experienced and novice. We are keen to assist new paddlers who are interested in the 100km or 200km events with their preparation. Everyone who wants to paddle is welcome.

We look forward to hearing from you.

**Contact:** John Hales Ph: 8382 0037,  
David Speck Ph: 8379 8148, [specks@ozemail.com.au](mailto:specks@ozemail.com.au)





**West Lakes Canoe Club Inc**

## West Lakes Canoe Club

The West Lakes Canoe Club is a community-based organisation aimed at developing canoeing skills and water safety for individuals of all ages. The club operates from Aquatic Reserve located on Bower Road at West Lakes. Membership is open to individuals and families with an interest in canoeing / kayaking.

As the club is involved in the development of canoeing at all levels, coaching programs are available for members to participate in where appropriate. Club coaching is generally free, however some programs may have small fees attached. These coaching programs are entirely optional.

There is no requirement for members to own canoes as the club has its own fleet of boats for use by members if required. These boats range from purely recreational craft to Olympic class racing canoes and kayaks.



The Mission of the Club is to:

- Promote all facets of canoeing through demonstration, instruction and competition.
- Promote water safety by bringing about a widespread knowledge of boating laws and arranging classes of instruction in safety techniques in canoes and Kayaks
- Do all things that are incidental to and for the general benefit of the Club and its members.

What we offer is a family based environment, with a social atmosphere where the competitive paddlers compete and the recreational paddlers are assisted and encouraged.

Membership is an annual fee, which covers personal access to the Club facilities with optional fees for the use of Club boats or boat storage.

Training sessions are held every:

- Saturday from 8.30am – 10.30am and Sunday 9.00am – 10.30am all year round.
- If there is a demand training sessions can be conducted on weeknights.



The Club welcomes prospective members to come and try canoeing under the supervision of members for up to two weeks without obligation to join. A small fee applies.

**Contact:** Michael Arthur on 82978846 or 0421387357

[www.westlakes.canoe.org.au](http://www.westlakes.canoe.org.au)



## Onkaparinga Canoe Club

The Onkaparinga Canoe Club, situated on the Onkaparinga River at Port Noarlunga, is one of the oldest canoe clubs in South Australia.

The club has very good facilities and equipment for use by members. The membership is varied, with interest ranging from Sprint and Marathon racing and training (in kayaks or on surf skis) or occasionally sea kayaking out to the reef, to just paddling about on the river for fun and a little relaxation.

The Onkaparinga River, being tidal, presents some challenges within itself. Sometimes there seems to be little water at all, whilst at other times there is almost a raging torrent. The river is navigable from beyond Old Noarlunga to the river mouth at Southport.

Although most competition in South Australia is held elsewhere, there are still a number of events held on the river. In 2000 the "Onka" was home to the marathon canoe and kayak events of the Australian Masters Games, which were hosted by the club.



Onkaparinga members can be found at competitions from local regattas and races right through State, National and International events. Luke Morrison, Onka member, is a member of the 2005 Australian Open Kayak Team to compete in the ICF Flatwater Racing Championships in Duisburg (Germany) and Poznan (Poland).

The Onkaparinga Canoe Club is a very friendly and relaxed club, and is always looking for new members to become involved. Why not join the club and learn the very rewarding skill of being able to paddle a kayak to the best of one's ability?

**Contact:** Nick Tucker 8381 7367 (home)

## Northern District Canoe Club

### Have a ball with canoeing!

Northern District Canoe Club (NDCC) provides opportunity for you to be part of a competition canoe club – you can join in the competition disciplines of canoe polo or marathon .....find your place in a NDCC team.

If competition is not your thing, then how about lazy trips down a slow river on a weekend in summer, or enjoying paddling with the dolphins or poking slowly round the rusting ruins of a sunken steamer?

All the information about the club and a membership form can be downloaded from the Canoe South Australia website.

As a club we strive to be friendly, inclusive and welcoming.

**Contact:** Ian Heard 8336 5017 (home) or 0413 444 687 – [www.ndcc.canoe.org.au](http://www.ndcc.canoe.org.au)

## SOME UPCOMING ACTIVITIES

The following calendar lists a few of the upcoming recreational events / activities run by Canoe South Australia and its clubs. Please contact the Canoe South Australia office for a more comprehensive calendar or more information.

Date	Event / Activity	Discipline	Venue	Contact
January				
19 <sup>th</sup> –21 <sup>st</sup>	Flatwater skills / kayak lifeguard	Education	West Lakes	Canoe SA 8240 3294
28 <sup>th</sup>	Basic Skills Course	Education	West Lakes	Canoe SA 8240 3294
February				
3 <sup>rd</sup> –4 <sup>th</sup>	Overnight camp	Recreation	Clayton–Waterhole Pt	Rob 8339 2835
11 <sup>th</sup>	Basic Skills Course	Education	West Lakes	Canoe SA 8240 3294
17 <sup>th</sup>	Basic Skills Course	Education	West Lakes	Canoe SA 8240 3294
25 <sup>th</sup>	Day Paddle	Recreation	Wellington-Pomanda Pt	Peter 8445 2574
March				
3 <sup>rd</sup>	Basic Skills Course	Education	West Lakes	Canoe SA 8240 3294
7 <sup>th</sup> –10 <sup>th</sup>	Sprint Nationals	Sprint	West Lakes	Canoe SA 8240 3294
10 <sup>th</sup> –12 <sup>th</sup>	Sea kayaking weekend	Education	Victor Harbour	Canoe SA 8240 3294
21 <sup>st</sup> –24 <sup>th</sup>	World Police and Fire Games	Sprint/Mara	West Lakes	Canoe Sa 8240 3294
April				
6 <sup>th</sup> –15 <sup>th</sup>	Canoe Polo National & Oceania Competition	Canoe Polo	Patawalonga River	Canoe SA 8240 3294
20 <sup>th</sup> –22 <sup>nd</sup>	Flatwater skills / kayak lifeguard	Education	West Lakes	Canoe SA 8240 3294
23 <sup>rd</sup> - 25 <sup>th</sup>	Holiday Program 4 kids	Education	West Lakes	Canoe SA 8240 3294
14 <sup>th</sup>	Day Paddle for beginners	Recreation	Onkaparinga River	Sharon 8297 9761
28 <sup>th</sup>	Basic Skills Course	Education	West Lakes	Canoe SA 8240 3294

For an up to date version of the Calendar please visit [www.canoesa.asn.au](http://www.canoesa.asn.au)

### Australian Canoeing Award Scheme



Canoe South Australia, a National Training Provider under the Australian Canoeing Award Scheme, offers a range of courses in both kayaks and canoes from beginner to advanced. Courses are available in the skills, rescue and instructor streams and are run to industry standards.

#### Some of the courses on offer are:

- Basic Skills
- Flatwater Skills
- Canoe / Kayak Lifeguard
- Flatwater Instructor
- Sea Kayak Skills
- Sea Kayak Instructor



**Please contact the office on 82403294 for information regarding these and other courses.**

Are you interested in canoeing but not sure where to start?

## BASIC SKILLS COURSE

Why not come along and do a **Basic Skills Course** with Canoe South Australia.

This one-day course starts right from scratch and by the end you should be proficient in basic aspects of canoeing or kayaking.

On the Basic Skills Course you will receive instruction in the basic aspects of canoeing from safety, how to select the right equipment, practical instruction on the water covering boat control and technique, places to paddle, advice about clubs and activities.

On successful completion of the Basic Skills Course, participants receive a Basic Skills Award, the first qualification in the Australian Canoeing Award Scheme.



Courses run from every 4-6 weeks from October to May or can be organised for groups of 4 or more.

Contact the office for a registration brochure or for more information

**Canoe South Australia**  
**8240 3294**

[www.canoesa.asn.au](http://www.canoesa.asn.au)

## Recreational Program Summer 2007



Canoe South Australia will be running a range of events and courses over summer 2006/07.

There will be morning, day and evening paddles, basic canoeing skills courses, introductory sea kayaking courses and more.

Brochures including a detailed program of activities, costs and registration details are available from the Canoe SA website.

Keep an eye on our website [www.canoesa.asn.au](http://www.canoesa.asn.au) for details.

If you would like to join our mailing list for these activities, please contact the office (details on the back cover of this booklet).

So you have the basics and want the next step?

## Beyond Basic Skills

The Beyond Basic Skills Course is the perfect course for you if you want to take the next step in developing your paddling technique. Beyond Basic Skills gives you the necessary skills to paddle with confidence.

The one day course covers intermediate level techniques, video analysis and rescue skills.

Sessions are held at West Lakes and will run on demand over the summer months.

*Basic Skills Certificate level required for entry to this course.*

**Please contact the Canoe South Australia office for more information on dates and costs.**

## Eskimo Rolling – Come & Learn!

Come along and be shown the correct technique for “Eskimo rolling”. The session will be conducted in the Adelaide Aquatic Centre where the water is warm. You will be given tips and tricks during the “hands on” session. All equipment is provided and trained instructors will guide you one on one through the steps to successful rolling.

This session is suitable for beginners or those more experienced just wishing to have a go and learn something new. It is a good way to gain confidence in a kayak in a safe, supervised environment.

**Dates:** Sessions available regularly Thursday or Friday evening (dates to be confirmed)  
7.30pm – 9.30pm  
Adelaide Aquatic Centre  
Cost: \$40 per person

Registration forms will be available from the Canoe South Australia office or on our website [www.canoesa.asn.au](http://www.canoesa.asn.au).

**Please call for a registration form or if you require further information**

## SEA KAYAK TRAINING WEEKEND

March 10<sup>th</sup> – 12<sup>th</sup> 2007

### Sea Kayak Basic Skills

A one day course for those that have completed the ‘Flatwater Basic Skills’ kayaking certificate that want to explore paddling at Sea. Participants will be taught introductory sea kayaking safety, equipment for sea kayaking, strokes, navigation, weather and planning. Depending on skills and experience, participants may be eligible to obtain the ‘Sea Kayak Basic Skills Award’.

Saturday 10<sup>th</sup> March

Practical: 8.30-4.30.

Victor Harbour Caravan Park, Victoria St

Theory: 7.00-9.00

Victor Harbour Caravan Park, Victoria St

### Sea Kayak Skills Training

A one day course for those that have completed the ‘Sea Kayak Basic Skills’ course, and wish to further their paddling skills. Participants will be taught more advanced sea paddling skills for paddling in moderate conditions, further navigation, advanced recovery including eskimo rolling, weather interpretation as well as increased depth in knowledge of sea kayaking equipment and safety. Depending on skills and experience, participants may be eligible to obtain the ‘Sea Skills’ Award.

Sunday 11<sup>th</sup> March

Practical: 8.30-4.30

Victor Harbour Caravan Park, Victoria St

Theory: 7.00-9.00

Victor Harbour Caravan Park, Victoria St

Registration brochure available from the Canoe SA website or call the Canoe SA office for more info 8240 3294

perception kayaking<sup>®</sup>  
just add water



Mutual  Community

Mutual Community offers discounted rates for all Canoe South Australia members.

Canoe South Australia Inc recognises the support of the Government of South Australia through the Office for Recreation and Sport.



Government of South Australia  
Office for Recreation and Sport

Canoe South Australia is also proud to be involved with the promotion the following health messages: **we're smoke free**, **SunSmart** and **Alcohol - Go easy**.

we're  
smoke  
free

  
**SUNSMART**  
Save your skin

alcohol  
 easy

*Canoe*  
SOUTH AUSTRALIA

Canoe South Australia Inc.  
Aquatic Reserve, Bower Road, West Lakes SA 5021  
PO Box 281, Port Adelaide 5015 " Telephone: (08) 8240 3294  
Facsimile: (08) 8240 3295 " [canoesa1@canoesa.asn.au](mailto:canoesa1@canoesa.asn.au) " [www.canoesa.asn.au](http://www.canoesa.asn.au)