Mimi Clifton – SouthCoast Kayaks
American Canoe Association
National Outdoor Leadership School
British Canoe Union

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COURSE INFORMATION AND REGISTRATION
Level 1 Coastal Kayaking

Course Description

The ACA Level 1 Coastal Kayak course emphasizes safety, control of the boat and general knowledge and awareness of the paddling environment, i.e., wind, weather, boat traffic, waves and marine hazards. Participants will develop confidence in preparation for open coastal waters. We will go over paddles, boat design, strokes, safety and equipment, wet exit, self and assisted rescues, gear, group dynamics, knots and cartopping.

Course Fee

The $125 course fee is payable upon registration. This amount includes instruction, insurance, snacks and ACA materials. It does **NOT** include rental fee for boat and equipment. If you need to rent a boat and equipment, **See** below. Please make checks payable to Mimi Clifton and mail to the above address.

About Me

I am certified through the American Canoe Association as an Open Water Coastal Kayak and Flatwater Canoe (both tandem and solo) Instructor. I completed a 30-day Ocean Kayak Educator Course in British Columbia through the National Outdoor Leadership School and hold a 3 Star award with the British Canoe Union. I have also completed 4 Star BCU training. I have been teaching canoe for 7 years and kayak for 4 years. My approach to instruction is fun, non-threatening, and motivational, with an emphasis on the acquisition of safe, sound skills. When traveling in the wilderness, I practice and promote Leave No Trace skills and ethics.

What to Bring

Bring your own sea kayak (with 2 bulkheads), spray skirt, paddle, bilge pump, paddle float, sponge and PFD **(if applicable)**. Dress comfortably and bring layers appropriate to the day's weather. Participants should bring a picnic lunch. Other handy items include a water bottle, sunscreen, a hat, sunglasses, something to keep your glasses on your head when you turn over, clothes that dry quickly, a towel, water shoes, and whatever else you need to make yourself comfortable.

What Time and Where

The class begins promptly at 9:00 a.m. and ends around 5:00 p.m. Please arrive in time to offload your boat and equipment prior to 9:00 a.m. **(if applicable)**. The clinic will be held on a freshwater lake in Holden, Louisiana. Directions will be provided upon receipt of your completed registration form and check.

To Register: send the section below with payment to Mimi Clifton at the above address.

---------- **Detach here** ----------

Registration and Confidential Medical and Emergency Information **Level 1 Coastal Kayaking**
Date of Class:_____

Name _____ Phone _____ ACA# _____

Address _____

E-mail address _____

Emergency contact _____
Name Phone Relationship to you

Swimming ability (circle one): non-swimmer weak moderate strong

Please list any medications, allergies, or medical conditions I need to know in case of emergency:
_____

Do you have any physical limitations that could affect your participation in the course? _____

Equipment: Please check everything you will NEED. To rent a kayak, add $25 to your clinic fee.

☐ kayak ☐ skirt ☐ paddle ☐ PFD Height:_____ Weight:_____

I will bring my own kayak (make & model):_____