

Picking up Speed – Long Boats on the Rangitata and Rakia

Got your C2C Grade Two Certificate. Now lets put on some pace

Overview

2 Days + **Video Analyse** and second coach on day one

Now let's go faster. Starting with a flat and moving water session we will refine technique and seek out the quickest lines.

Day One will include **video analyse** of strokes technique on the river. Provided by a separate member of the PFOC Team to ensure quality footage and feedback.

Grade Two Certificate Is a Prerequisite

Accommodation

We provide accommodation in our Cabins at no extra charge for the duration of the course – that is checking in on day 1 and checkout on day 4. If you'd like to stay the night before the first day, we may be able to accommodate you if you let us know.

The Cabins are part of Peel Forest Outdoor Centre's commitment to increase environmental awareness and our desire to protect the natural environment for generations to come. The Cabins have been constructed so they are as sustainable as possible and off grid to minimise the impact it has on the natural environment and its resources.

What you will need to bring:

You will need to bring your own bedding (sheets, pillows and duvets) and towels. We provide hand towels, bathmats, tea towels and cloths for cleaning.

Think a really nice DOC Hut with a warm shower

Food

You need to bring all your own food and snacks – you will need a packed lunch in a dry bag for day two.



Courses Schedule

Day 1

8:30 am - Meet at Peel Forest Outdoor Centre, 1222 Peel Forest Road, Peel Forest 7992

Morning

Skills and coaching on the moving water above Klondyke on the Rangitata. Utilization of video to work on strokes.

Afternoon

River Run – Work on navigating rapids and finding the best line. Video footage of paddling rapids followed by analysis at the end of the day.

Day 2 - Times TBC with group the day before

Full Rakia Run – Taste of the distance 50km from Put in to take out. Focus on efficiency and line choice.

Gear List

On the course we will be spending lots of time in the water, upside down and swimming come prepared for this.

Please inform us of the items you need us to supply before the start of your course and **the sizes**. This saves us bring heaps of gear out to the pool on the first day.

Compulsory Gear:

- **Boat you will Race in**
- Thermal Polypro or woollen shirt
- Fleece jersey or second polypro shirt
- Woollen or Polypro socks
- Pair of running shoes (these will get wet)
- Towel
- Spare change of clothes
- Drink bottle
- Lunch and snacks
- Sunscreen
- **Any medications you take**
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Gear We Can Supply:

By this stage we would recommend using your own gear to be getting familiar with how it works.

- Helmet
- Windbreaker jacket
- Wetsuit
- Personal Flotation Device (Life jacket)
- Paddle
- Safety equipment related to kayaking e.g. throw bag, pin kit, first aid kit, split paddle, bothy etc...

Optional Gear:

- Cap
- Beanie
- Thermal leggings (highly recommended on cooler days)
- Thermos

Gear We Can Supply on Request:

- Thermal top or leggings
- Fleece Top
- Beanie