

TOPSPORT
**THE MULTISPORT
PROFESSIONALS**

4 DAY GRADE II CERTIFICATE
KAYAKING COURSE

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GRADE II COURSE

Coast to Coast 2024

- \$1,200 NZD

Welcome to Topsport Kayaking! We are New Zealand's leading multisport kayaking school. Our instructors are highly qualified, experienced and ready to help you achieve your Coast to Coast dream.

To compete in the Kathmandu Coast the Coast you need to have a Grade II Certificate issued by an approved provider just like us. Our Grade II Course will introduce you to river kayaking in a safe and effective manner. We will teach you all the basic skills you need to paddle an entry-level multisport kayak on the Waimakariri River. Your Grade II Course is just the first step in your kayaking journey. From here you will go on to a Guided Waimakariri Gorge trip or two with us, or one of our other more advanced courses to continue building on your skills.

Our four-day course is split into two parts. Part One (Day One) is taught in a whitewater kayak. A whitewater kayak and equipment for day one of your course will be provided. Part Two (Day Two, Three & Four) are in your own multisport kayak. You may not have your own boat yet so you can hire one of ours for \$150. Hiring a boat is a great way to try a good multisport kayak without the investment just yet.



**COAST TO COAST
APPROVED GRADE II
PROVIDER**



**NO PREVIOUS
EXPERIENCE REQUIRED
BUT RECOMMENDED**



**EXPERIENCED AND
QUALIFIED INSTRUCTORS**



FAQ's - Please Read

I HAVEN'T DONE MUCH KAYAKING BEFORE. DOES THAT MATTER?

Our Grade II Course syllabus is designed for paddlers who are just getting started with river kayaking for the first time. You may have no previous or very little kayaking experience and that's okay. HOWEVER if you have never been in a kayak before then reaching the required skill and competency level in just four days is NOT possible. You have a lot to learn! Completing the kayak section of the Coast to Coast requires good skills to navigate the 70kms of Grade II rapids, it is challenging and will be the hardest section of the race for many of you. Your Grade II Course is just the first step. You need to see a Guided Gorge Trip as part of your learning to kayak experience. These trips are recommended for everyone and endorsed by the Coast to Coast.

WHAT IF I DON'T GET MY CERTIFICATE AT THE END OF THE 4 DAYS?

At the end of your course our instructors will have a personal debrief with you to discuss your progression over the four days, where your current skill level is at and what is the next step for you. If you are new to kayaking there is a high chance our instructors will explain to you that you need further time on the water before issuing your Grade II Certificate. When Topsport Kayaking issues your Grade II Certificate it is recognising that you are ready to do the Coast to Coast and independently paddle the Gorge without assistance. Work with us on this one! Help us to keep you safe on the water. Everyone regardless of their progress will need to go away and practice what you have learnt. We highly recommend that you get back on the river with us at a later date.

WHAT CAN I DO TO GET THE MOST OUT OF MY COURSE?

Prior experience will make the course much easier for you! Get kayaking as soon as possible. Wherever you're based we strongly recommend you join your local kayak club. Find your local club by searching online. In Christchurch that is the Arawa Canoe Club. Please refer to their website for the most up to date membership information www.arawa.org.nz The Arawa Canoe Club is a great resource for getting into kayaking. The club has a great selection of multisport kayaks and paddles, which you are allowed to use anytime once you are a member. This means you are able to get kayaking before you purchase your own gear. The club runs regular entry-level coaching sessions, which are free of charge. The club offers kayak storage, a gym and showers plus a big bunch of like-minded people to train with. If you are serious about doing well with your kayaking, join the club and get started before your course! Our staff spend a significant amount of time at the club each week training themselves and are always happy to meet new paddlers and show them around. Just get in touch to arrange this.

DO I NEED MY OWN KAYAK FOR THE COURSE?

In an ideal world the answer to this is yes. However many of our paddlers will be getting started with this course without owning a kayak just yet. This is a great way to do it and allows our team to help guide you in the right direction when it comes time to purchasing your gear. Getting the right kayak for your ability is crucial. There are a wide variety of multisport kayaks out there. Some are excellent choices and others disasters waiting to happen. If you purchase the incorrect boat for your race you will make your experience much harder than it needs to be. Use our advice and be careful to trust the words of someone selling you a 'Beginner level' Kayak. We will provide you with a white-water kayak and gear for the first day of your course. The remainder of the course is completed in multisport kayaks. If you don't have your own you can hire one from us for \$150. This is a great way to try out the top novice boats we use and recommend.

HOW FIT DO I NEED TO BE?

If you have entered the Kathmandu Coast to Coast then it's time to get fit! PLEASE make sure before you come and join us for a course you have been working on improving your fitness. Flexibility and upper body strength are really important for kayaking. Completing a 4-day course is hard work and does require a reasonable level of fitness, especially if you want to get the most out of your time with us. As above we would strongly encourage having some paddling under your belt. Yoga and gym work will help prepare you greatly here.



COURSE OUTLINE

While the below course outline is our desired program the weather and river conditions may prevent some sessions being run at these locations. Our instructors are highly trained in making decisions to ensure the personal safety of everyone in the group. Therefore if conditions dictate, sessions may be run at an alternative location. A change in location is at the instructor's discretion.

INTRO AND EVENING POOL SESSION

Your course starts at 6.15pm the evening before day one. You will be meeting at our Christchurch base where you will be introduced to your instructors and the rest of the group. Your gear for the four days will be issued before we head to the pool for our evening session.

DAY 1 - THEORY SESSION AND FLAT WATER SESSION

Whitewater kayaks provided by Topsport Kayaking

Meeting Time and Place: 8am Raeward Fresh, 800 Harewood Road, Christchurch.

Meeting at Raeward Fresh in the morning you can grab a coffee, breakfast, even something for lunch. We will have a theory session and go over in detail what you can expect from the four days ahead of you. This is a good chance to ask any of those burning questions you have before hitting the water.

After breakfast we will then move to our flat-water session. Here we will be covering basic boat control, paddling strokes, technique and preparing for your first moving water session in the afternoon.

Please provide your own transport to each of our paddling locations today. If you do not have transport please contact us via email so we can make arrangements with you.

DAY 2 - WAIMAKARIRI RIVER DAY TRIP

Multisport Kayaks. Either your own or hired from Topsport Kayaking.

Meeting Time & Place: 8am Yaldhurst Tavern Car Park – Pound Road Yaldhurst.

Today transport to the river is provided from Yaldhurst by Topsport. Your car can be left for the day in the Yaldhurst car park. If you want to bring your own vehicle up to the river you can. Please let your instructor know clearly if you are going to do this.

Today is your first real moving water session. Your instructor will be teaching you the essential whitewater moves you need to learn to become competent in to navigate a Grade II River successfully. We will be using a section of river called Woodstock. This is part of the Kathmandu Coast to Coast course.



DAY 3 - WAIMAKARIRI RIVER DAY TRIP

Multisport Kayaks. Either your own or hired from Topsport.

Meeting Time & Place: 8am Yaldhurst Tavern Car Park – Pound Road Yaldhurst.

Today transport to the river is provided from our meeting point in Yaldhurst by Topsport. Your car can be left for the day in the Yaldhurst car park. If you want to bring your own vehicle up to the river you can. Please let your instructor know clearly if you are going to do this.

Today we will be paddling the Woodstock section of the river again. We will be focusing on improving your basic skills and creating some really good habits in the boat. We will be aiming to build on your new learnt skills and start to get your gaining in confidence and ability.

DAY 4 - WAIMAKARIRI RIVER DAY TRIP

Multisport Kayaks. Either your own or hired from Topsport .

Meeting Time & Place: 7am Yaldhurst Tavern Car Park – Pound Road Yaldhurst.

Today transport to the river is provided from our meeting point in Yaldhurst by Topsport. Your car can be left for the day in the Yaldhurst car park. If you want to bring your own vehicle up to the river you can. Please let your instructor know clearly if you are going to do this.

Why the earlier start? Today is an exciting day. This is your first opportunity to get a look at the famous Rock Garden section of the Waimakariri River from Mt White to Gooseberry Stream. This will be your first chance to tackle a true Grade II Rapid. Your instructor will be guiding and teaching you for the day on this section. It is approximately 15kms of paddling and will take us around 3 to 4 hours to paddle including breaks. You will be running some of the rapids multiple times so you will need to be prepared to carry your boat back up stream along the river bank. This final day completes your course. Today you will know if you have met the required standard to receive a signed Grade II Certificate or if you have areas that need further improvement.

GRADE II

REQUIRED GEAR

The following is a list of gear that you will be required to bring on your course.

REQUIRED GEAR:	PACKED
<ul style="list-style-type: none">Lunch and plenty of high energy snacks for each day of your course. Apart from Day One we will not be in proximity of a café or alternative place to purchase food.	
<ul style="list-style-type: none">Towel, sunscreen and insect repellent	
<ul style="list-style-type: none">Suitable clothing to wear in the swimming pool eg rash top or thermals	
<ul style="list-style-type: none">Plenty of warm clothes for in between sessions	
<ul style="list-style-type: none">Thermal top to wear under a sleeveless wetsuit provided by Topsport Kayaking	
<ul style="list-style-type: none">Sunglasses if you need them	
<ul style="list-style-type: none">Race food/drinks/gels and lunch	
<ul style="list-style-type: none">Towel, lots of warm gear and food for finish.	
THE FOLLOWING GEAR YOU ARE REQUIRED TO HAVE FOR YOUR COURSE IS ALSO REQUIRED FOR THE COAST TO COAST SO IT IS GEAR YOU WILL NEED TO PURCHASE PRIOR TO YOUR COURSE IF YOU DON'T ALREADY HAVE IT.	
<ul style="list-style-type: none">Kayaking specific paddle jacket - If you do not own your own yet you can purchase one from us at a Grade II discounted price of \$189 www.rasdex.co.nz/Classic-Paddle-Jacket	
<ul style="list-style-type: none">Footwear for walking on river rocks (booties with thick soles, running shoes etc)	
A SEAM SEALED DRY BAG (MINIMUM 20 LITRES IN SIZE) CONTAINING THE FOLLOWING:	
<ul style="list-style-type: none">Seam sealed Dry bag	
<ul style="list-style-type: none">Survival bag	
<ul style="list-style-type: none">Thermal gloves	
<ul style="list-style-type: none">Thermal hat	
<ul style="list-style-type: none">Thermal top	
<ul style="list-style-type: none">Thermal leggings	
<ul style="list-style-type: none">Thermal mid layer fleece	
IF YOU ARE BRINGING YOUR OWN KAYAK YOU NEED TO MAKE SURE YOU HAVE THE FOLLOWING GEAR:	
<ul style="list-style-type: none">Kayak	
<ul style="list-style-type: none">Paddle	
<ul style="list-style-type: none">Airbags fitted in the rear of the kayak	
<ul style="list-style-type: none">Correctly fitting Spray Deck	
<ul style="list-style-type: none">Life Jacket	
<ul style="list-style-type: none">Helmet	
<ul style="list-style-type: none">Thermal leggings	
<ul style="list-style-type: none">Thermal mid layer fleece	



GETTING THROUGH THE GORGE

A Guided River Trip is recommended for everyone!!

It is STRONGLY recommend by Topsport Kayaking and The Kathmandu Coast to Coast that you make your first trip through the Gorge a guided trip with us. Our guides will ensure you have a safe first experience building your confidence as we progress down the river navigating the more difficult features. For some of you a guided Gorge trip may be what is required to finish your Grade II and complete your certification.

Our Topsport team are very committed to seeing you enjoy your course, gain your certificate and have a great race as a result. The Kathmandu Coast to Coast is an amazing experience and we know you are going to love it!

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THANKS FOR PADDLING WITH US!

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