

PREPARING FOR THE KATHMANDU COAST TO COAST WITH

# TOPSPORT

## GRADE II EXPRESS

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**This two-day course is perfect for paddlers with previous experience. You may have done a Grade II Course in the past or you have alternative Grade II river paddling experience and don't need a full 4 days with us.**

Let our instructor's help you get ready for the Coast to Coast with two invaluable days on the river. This course will include a Grade II Certificate provided you meet the required standard by the end of the two days. We strongly advise getting in plenty of paddling before joining us. Make sure you come prepared so you can get the most out of your time with us. By the end of the two days you should be feeling confident, ready to train on the river independently and most importantly race.



**TOPSPORT**  
Multisport Professionals





## COURSE OUTLINE

### Day One

#### Gorge Bridge and Woodstock

9am-approx 4pm

Day One is all about getting back on the river and going over all those basic skills you learnt a while back on your Grade II Course.

We will be brushing up on your edging, ferry gliding, boat control and self-rescuing skills, so yes you are going to have to get wet if you want that Certificate. Today will be a combination of teaching from our instructors along with showing us what you still have in your kayaking tool kit. At the end of today we want to make sure you are feeling well prepared before heading through the Gorge.

### Day Two

#### Waimakariri Gorge

6.30am-approx 5pm

Day Two will see you travelling up to Mt White Bridge and paddling through the Gorge to Woodstock.

This is a 55km paddle so you need to fit enough to handle the day on the river. Our instructors will guide you down the river, helping you paddle some great race lines on some of the trickier features. Today will be all about navigating the Rock Gardens, bluffs and rapids successfully to make sure you are ready to compete safely in the Coast to Coast and get that new Certificate.





## COURSE SCHEDULE

**NOTE** - 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. Paddling on the river is 100% weather dependant. If conditions dictate, sessions may be run at an alternative location. A change in location is at the instructor's discretion. Please see the FAQ's for more details on our change on location.

**NOTE** - Please bring plenty of food including lunch and snacks each day during your course.

### Day One

**9am** - Meet at Gorge Bridge

**9am - 9.30am** - Introductions and Theory Session

**10am - 12pm** - On the water ready to paddle - Skills session at Gorge Bridge

**12pm - 12.30pm** - Lunch Break

**12.30pm - 1pm** - Drive to Woodstock

**1.30pm** - On the Water at Woodstock

**1:30pm - 3.30pm** Paddle from Woodstock to Gorge Bridge

**3:30pm** - Off the Water and End of Day Debrief

**4pm** - Depart Woodstock - End of Day One

**4.40pm - 5.30pm** - Arrive back in Christchurch

*Please note this is only an estimate and may be earlier or later depending on the trip.*

### Day Two

**6.30am** - Meet at Yaldhurst Pub

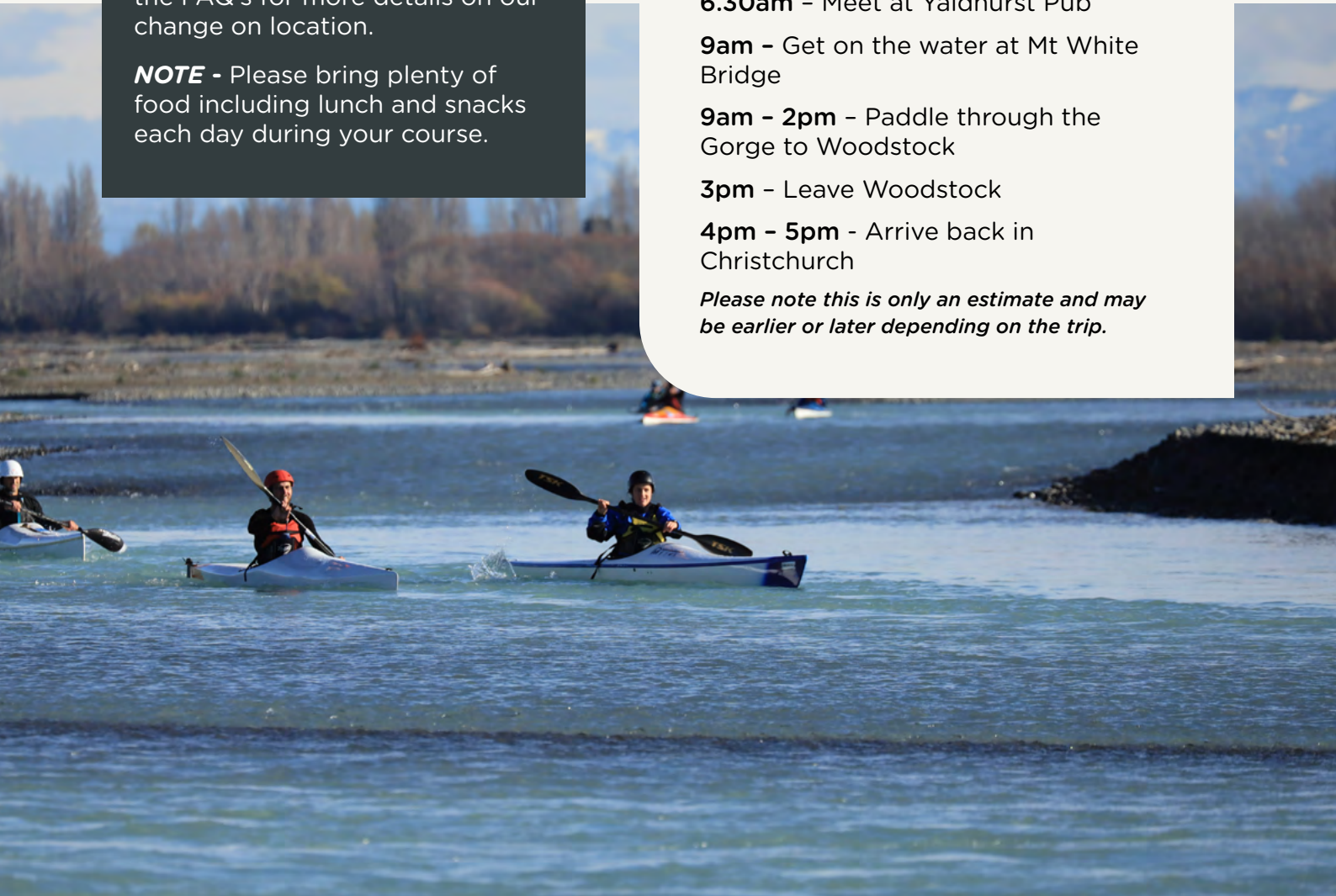
**9am** - Get on the water at Mt White Bridge

**9am - 2pm** - Paddle through the Gorge to Woodstock

**3pm** - Leave Woodstock

**4pm - 5pm** - Arrive back in Christchurch

*Please note this is only an estimate and may be earlier or later depending on the trip.*





# FREQUENTLY ASKED QUESTIONS

## (PLEASE READ)

### Where do we meet?

**Day One** - The Waimakariri Gorge Bridge in Sheffield

**Day Two** - Yaldhurst Pub in Christchurch

### Transport

You will need to provide your own transport for day one. Day two will see Topsport transport you and your kayak to Mt White and back again. If you don't have your own transport please contact us so we can help arrange something.

### What about the weather and river conditions?

Weather and river conditions in the days leading up to and including the day of your trip are very influential. We have strict safety procedures and guidelines in place; if the conditions on the day of your scheduled trip are outside these parameters we will be postponing the trip.

We use the latest weather and river flow information gathered from various sites on the internet along with our personal experience to make decisions. We will make every effort to postpone a trip if the conditions do not support a safe descent of the river.

### What do I need to be able to do?

You are required to be fit enough to handle 3 to 4 hours of paddling in your kayak each day plus some boat carrying. We strongly suggest

that you have been paddling your kayak at least 2 to 3 times a week prior to your course. The fitter and more comfortable you are in your kayak the more you will be able to get out of your time with us.

### What about my kayak?

It is your responsibility to provide a river worthy kayak. Before your trip please ensure that your kayak is in safe river condition. This includes being complete with two rear airbags. You need to check the front and rear foam pillars are secured and are in good condition. The seat is secure and the boat has no obvious holes. Make sure the rudder isn't loose and it's working well. Please also check the rudder lines and foot pedals for any possible damage or wear. If you have any concerns please contact us prior to your trip for one of our staff to check and advise you. Trips can be severely compromised if your kayak is not up to standard.







# MOVING WATER GEAR CHECKLIST

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

If you do not have enough gear you may not be allowed on the water. Please print it out and use it as a reference. It is really important to us that you bring ALL of the following gear:

REQUIRED GEAR:	PACKED
• Multisport kayak	
• Paddle	
• 2 x Rear airbags	
• Life jacket - with whistle attached	
• Kayaking helmet	
• Neoprene spray skirt	
• Booties	
• Kayaking jacket	
• Top and pants to paddle in	
• Sunglasses if you need them	
• Race food/drinks/gels and lunch	
• Towel, lots of warm gear and food for finish.	
<b>THE FOLLOWING IS GEAR TO BE CARRIED IN YOUR DRY BAG:</b>	
• Waterproof dry bag	
• Long thermal top (additional one if you paddle in one)	
• Long thermal pants	
• Thermal mid layer/Fleece top - 220gm minimum	
• Water proof seam sealed pants	
• Duck tape - Minimum half a roll.	
• First aid kit as per Coast to Coast requirements	
• Thermal hat, gloves and socks	
• Extra energy food	
• Emergency survival bag	

**Please note: It's better to take too much extra gear than not enough.**

This checklist is all gear (with the exception of waterproof pants) that is compulsory gear for the Coast to Coast. If there is something on this list you do not have then you need to get it. Check out the rules on the C2C website if you need more information.

Topsport cannot be held responsible for any loss of jewellery or any other items of value, so please leave these at home.



# A FINAL NOTE FROM TOPSPORT...

Best of luck for all your  
paddling training ahead.  
If you need any help at all  
please get in touch. We love  
kayaking and are always here  
to help.

*Happy Paddling - Kate, Sam  
and the rest of the Topsport  
Team.*

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