

TOPSPORT  
**THE  
MULTISPORT  
PROFESSIONALS**

Intermediate  
Woodstock Braids Day

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## COURSE **OVERVIEW**

This is the perfect course to tackle if you're looking to take your river braids skills to the next level. You may have just ticked off your first Coast to Coast, or a seasoned paddler looking to get more out of your kayaking and gain precious time. Even if you have been paddling for years, this day out will help you to improve both your river reading and paddling skills with the aim of understanding how to identify the fastest lines for race day. You will gain in both confidence and ability over the duration of this course. This is a great day on the river with Sam and we cannot recommend it enough.

**COST:**  
**\$300**

### **WOODSTOCK TO GORGE BRIDGE**

The day will be focused on braid reading and any bluffs on this section. This also includes improving your boat control, boat placement and forward paddling. We will be taking you through a series on drills and techniques to help improve these areas. You can expect to see some whiteboard theory. We will be looking to build your skills and confidence. There will be the opportunity to paddle some of these features multiple times and fine-tune those lines! Sam will demonstrate good race lines and continue to work on your river reading skills.





## COURSE SCHEDULE

- - 9:00am - All arrive in personal vehicles at the Gorge Bridge riverbed:  
<https://maps.app.goo.gl/BZqMLmk4Hg8Zyb5o9> (Please let us know if you need assistance getting there)
- - 9:05am - Get changed, load boats and gear on the Topsport Trailer, jump in Topsport Van and head to Woodstock
- - 9:30am - Arrive at Woodstock, team meeting to discuss the plan for the day. Some whiteboard theory and open floor for personal skills requests.
- - 10am - On the water - River braids skills
- - 11:45pm - Off river at Gorge Bridge - Lunch on side of the river while shuttle is done
- - 12:30pm - All boats loaded and drive back to Woodstock for lap #2
- - 1:40pm - On the water at Woodstock - River braids skills
- - 3pm - Off the water at Gorge Bridge
- - 3:20pm - Debrief. Clients can head home by 3:40pm.



## FAQ'S

### WHERE DO WE MEET?

The Waimakariri Gorge Bridge near Sheffield

### TRANSPORT

You will need to provide your own transport to arrive at the above location. We provide the van and trailer to get to the top of each lap. 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 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 Sam. You must have your Grade II Certificate or have completed a Grade II Certificate Course with us and still working towards your final sign off.





### **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.

### **WHO IS MY INSTRUCTOR?**

Sam Manson is Topsport Kayaking's Head Instructor. Sam has been paddling white-water since 2007 and this led to his passion for multisport and the iconic Coast to Coast Race. Sam completed his first Coast to Coast Longest Day in 2013 at just 20 years of age where he finished 9th Overall. In the 2023 race became the multisport world champion after finishing 1st overall. He has won the prestigious Waimakariri Classic River Race twice and has a reputation as a master of multisport paddling on this river. Sam now regularly competes at elite level multisport races around the world amongst his work for Topsport and athlete coaching.

Sam graduated from Tai Poutini Polytechnic with a Diploma in Outdoor Education and Instructing in 2016. Since then Sam has gained his NZOA Kayak One and NZOIA Multisport Award making him one of just a handful of instructors in the country with both these qualifications.

## DIDYMO IS IN THE **WAIMAK**

*Didymo also known as “rock snot” has been confirmed in the Waimakariri River. MAF Bio-security New Zealand (MAFBNZ) confirmed the finding in February 2010.*

As kayakers we need to ensure that we take every possible precaution to prevent our beautiful rivers from being spoiled by this horrible alga. Bio-security New Zealand requires that we treat our gear both before and after paddling in the following way:

### **KAYAKS SHOULD BE CLEANED THOROUGHLY BOTH INSIDE AND OUT WITH A DECONTAMINATION SOLUTION.**

Bio-security recommend a biodegradable dish washing solution. Scrub or spray all exterior parts of the kayak with the cleaning solution, ensuring surface contact for at least one minute. Then fill the inside of your kayak with the cleaning solution, place all associated equipment, gear and clothing used during your paddle into the kayak and immerse completely and soak for as long as needed to thoroughly penetrate all absorbent items.

### **THE EQUIPMENT MAY THEN BE RINSED USING WATER THAT HAS COME FROM A TOWN WATER SUPPLY.**

Drying is an acceptable alternative method, provided that all components are completely dry to the touch, inside and out, and then left dry for at least another 48 hours before



# MOVING WATER GEAR CHECKLIST

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

If you do 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:

<b>REQUIRED GEAR:</b>	<b>PACKED</b>
• 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.**



# THANKS FOR PADDLING WITH US!

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