

VETERANS HEALTH WEEK 2017

INVITATION TO GO PADDLING



SEA KAYAKING COME AND TRY DAY – THE BEAUTIFUL WATERS OF THE TERRANORA INLET AND RAINBOW BAY – COOLANGATTA

\$Nil – funded by DVA and Stay Afloat

Saturday

21 OCTOBER 2017

Project Stay Afloat extends an invitation to: the members of the Twin Towns – Coolangatta RSL Veteran Surfers Assn Inc ; Australian Bravery Association; Australian Commando Association and their

The paddle location as seen from the air.



Instruction and Guiding is by qualified AC Sea Kayak Instructors. This is a great opportunity to learn a new skill in a sea kayak in a unique environment.

The sea and waterways, plus idyllic weather conditions make for an ideal location to learn new skills.



PROJECT STAY AFLOAT

Project Stay Afloat is a not for profit organisation that aims to support individuals and their family, affected by Post Traumatic Stress (PTS), depression and anxiety by participating in paddle sport activities. We aspire to bring people together in a supportive and recreational environment, offering camaraderie, challenge, exercise and social connectivity.

Paddle sports can have a positive impact on a person's path to recovery and to a more stable and resilient sense of self. Project Stay Afloat offers unique, pleasurable, cost effective activities, which seek to stimulate and exhilarate, whilst providing an opportunity to experience and enjoy a true sense of peace whilst on the water.

SKILLS REQUIRED

From the novice to the experienced, this is an activity to suit all skill levels. Our dedicated volunteer instructors will consult with each participant, ensuring the highest level of safety, whilst at the same time providing a host of opportunities for challenge, fun and adventure.

WHAT TO BRING

A good attitude and genuine desire to have some fun. Plus paddling footwear, steamer or similar if the weather turns, rashie or long sleeved sun protective shirt and shorts, brimmed hat, sunglasses, sunscreen, water bottle, and towel.

PROGRAM

Saturday 21 October 2017

10.00am. Meet at Jack Evans Boat Harbour. A busy morning with the issue and explain/demonstrate/fit - safety equipment, First Aid revision, Introduction to sea kayaking. Instruction to include: entering and exiting a kayak; wet exits; basic paddle strokes; emergency stops; turning the kayak; assisted rescues; pod formations and signals; plus whilst on water – the ‘rules of the road’.

This will be followed by a ‘confirmatory paddle’ or a learn to roll a sea kayak session.

1PM – Bar B Que healthy lunch at the nearby Bar B Ques in Jack Evans Boat Harbour Park. SUP paddlers and family members (Non-paddlers) are most welcome to join us for lunch as well.

HOW DO I BOOK?

FIRST. Email robyn@stayafloat.org.au to reserve your paddle spot and wait to receive confirmation of placement availability. (limited numbers so get in early) SUP paddlers and those coming along ‘for the paddle with their own equipment’ please also respond so that we can adequately cater for lunch afterwards.

SECOND. Turn up on the day with your own SUP/kayak or use ours.

Further Information

Contact: President - Robyn Hill p: 0415 514 708 e: robyn@stayafloat.org.au

Or Education Officer - John Thurgar p: 0439 610 913 e: johnthurgar@hotmail.com