2026 Fall Guides Exchange Workshop Descriptions

Blending Strokes – with Lee Phillips

Looking to refine your strokes to help you better manoeuvre your kayak? Learning what strokes work best in different situations? This workshop is for you. We'll start with proper fit in your kayak and then on to the water to work on strokes, blade awareness and some fun playing in our boats. We'll look at linking together our strokes to address paddling in a variety of conditions.

Engaging Games and Activities for Guides for team building and for improving strokes and rescues proficiency - with JF Marleau and Finn Steiner

A full-day session on extremely engaging games and activities that will focus on
1. Warm Up (on land mostly)
2. Team Building games (on land mostly)
3. Games about strokes and rescues to enhance proficiency. (on the water)

It will be very interactive and fun.

Full Body Forward Stroke: Heels to Head - Applications from Racing to Guiding and Instruction -with Laurel Archer

The session will focus on how paddlers can quickly make changes to engage their full body in the forward stroke (and the transfer of this knowledge to other strokes), and take this approach based in the racing arena to the guiding and instructional worlds. Video analysis will assist with pinpointing the absolute keys to personal improvement and coaching participants on trips and courses.

Greenland Paddle Carving Workshop - with Arron Jackson

Come learn to carve a greenland paddle! Ever wanted one but can't afford to buy it? Learn how to make a greenland using hand tools. Bring your own 2x4 and make a paddle to your dimensions. Spruce 2x4 are affordable pieces of wood to start with and light! Or bring any species you want (red cedar is light and easy to carve, yellow is more dense and still easy to work with).The less knots the better however you can work with anything. Hand tools provided.

Intermediate Surf Clinic - Aaron Slack, Caelin Harris and Rowan Jones-Pardy

Want to hone in your surf kayak skills, or just want an excuse to surf with some rad folks? Join our intermediate/advanced surf session and shred some gnar!! Instruction will focus on critical take offs and turns.

Leading Landing & Launching in Surf - With Caelin Harris and Arron Slack

Review, refine, and practice how to safely and effectively manage a group launching and landing in the surf. In this session we'll review how to pick safe landing sites in areas with surf, best practices for launching and landing, and how to safely manage a group throughout this process.

Movie Night - with Caelin Harris, Rowan Jones-Pardy, and Vince Parenteau
Grab a blanket and head on down to Sea Plane Base to join the Swell Pirates for a movie night! Movie TBD but will likely be Surf's Up.

Nav, Forward Stroke and Coffee! - with Rowan Jones-Pardy and Eric Boros
Want to brush up on your navigation and forward stroke or share your expertise? Enjoy the feeling of too many cups of coffee? Join Rowan and Eric for a half day paddle to Beg island or the George Frasers (weather dependent). We will begin with a brief on land navigation refresher before practicing IRL on our way to our coffee spot, where we will brew some coffee and chill, before doing some detection and correction on our forward strokes on the paddle back.

If you have any fun ways to brew coffee or favourite beans, please bring them along!

Navigation and Trip Planning - with Jake Taylor
This session provides an opportunity to work on foundational chart navigation skills for trip planning and review case studies where things didn't go as planned. This session will be largely interactive and working in small groups.

Rock Gardening - with Rowan Jones-Pardy and Vince Parenteau
Get amongst the rocks and share the stoke for rock gardening with two of kayaking's biggest frothers. Practice timing, finesse, and fear suppression in the gardens off of little beach!
Note: Mullets not mandatory

Rolling - With Jake Taylor
Our kayak rolls are never 100%. It's a critical skill to continue honing, especially as we paddle in different environments and conditions. Whenever we change boats, paddles, add more layers for winter, or experience changes in our fitness levels our rolling proficiency can change. This session can focus on rolling refinement and/or foundational rolling skills based on peoples' current abilities.

Rocks, Ledges and Rescues - with Jake Taylor and Lee Phillips
Paddling in, around, and over rocks and ledges provides excitement and challenge. It also helps prepare us for moments when paddling through reefs may be the least risky or only option to reach a landing site. They may also provide areas of shelter while navigating exposed coastlines. This session focuses on foundational skills for scouting, running features, and performing rescues in rock zones.
Weather "what's, when's where's and why's" – with Lee Phillips

You've probably already have a pretty good grasp on your weather knowledge but may still have questions! This workshop is for you if you want to review some weather and most of all if you

have questions. Bring your weather knowledge your curiosity and we'll work together to reinforce and improve your predictions and understanding of weather.