



NACK - North Atlantic Canoe & Kayak, Inc.
An ACA Paddle America Club & NYS Non-Profit Corporation



www.GetTheNACK.org

2nd ANNUAL SHINNECOCK SHORES PADDLE SAFELY EVENT July 11th

**Come and See What Paddle Sports Are All about
American Canoe Association Sanctioned Event**

The North Atlantic Canoe and Kayak Club (NACK) is presenting a Kayak safety demo and paddle on July 11th at 11:30 AM.

We will meet at the Beach at the end of Marlin Road starting at 11:00 AM.

At 11:30 AM we will review what we talked about last year on how to properly outfit your kayak, what to wear, and what safety gear you should carry.

We will discuss what is proper paddling technique and how it avoids injuries.

Also we will discuss the many different types of kayaks on the water and what makes them different. Participants will be encouraged to come up and inspect the various kayaks.

Our Demo team will take to the water and show the various paddles strokes that will keep you in control of your craft. They will also demonstrate a few recoveries and the gear you need to get back into your craft after a capsized.

After all the demos, join us in a leisurely paddle to Weesuck creek, or around the point into Tiana Bay, depending on the weather.

All paddlers must have a their boat, wear a PFD, and complete the ACA waiver. You do not need all the equipment listed on the Paddle Craft Safety Checklist. There is a cost of \$5.00 to cover the insurance requirements of the ACA.

If you are an ACA member please bring your current dues card, so the \$5.00 can be waived.

See you on the water,

John Weickert, Jr.

North Atlantic Canoe and Kayak, Inc.

Board Chair

www.getthenack.org

ACA Level 2 (AFW)

Coastal Kayak Instructor