



## SEA KAYAKING CLASS INFORMATION

Learn how fun and exciting sea kayaking can be at one of Southern California's premier small boat facilities. We offer year-round weekend courses. Students start in our intro to sea kayaking course and then may progress to more advanced courses and clinics. Get qualified on our equipment and enjoy post class opportunities of leisurely rentals, and community events out on the Santa Monica Bay! For all classes, you must be 18yrs+ and a proficient swimmer to register.

### **Current Offerings:**

- **Intro to Sea Kayaking:** Learn everything you need to start kayaking right away! The three-day class is designed for the novice paddlers who has little or no sea kayaking experience. We emphasize the development of solid on-the-water skills as well as a basic nautical knowledge such as terminology and right-of-way rules. This class includes paddling in the Marina and progresses to practicing paddling and rescues in the open ocean.

After passing a class, you will become eligible to rent boats from our facility during open rental hours. After each class, we recommend coming to the facility to rent and practice before you sign up for a higher-level offering. You may not sign up for consecutive courses at the same time, as certifications serve as registration prerequisites.

### **Getting to the UCLA Marina Aquatic Center:**

The Marina Aquatic Center is located in Marina Del Rey at 14001 Fiji Way and is accessible by bus, bike, and car. We have limited onsite parking so please allow yourself extra time in case you have to park offsite. Free offsite parking is available at Dock 52, a 10-15 minute walk from our facility. Pay parking is also available at nearby Fisherman's Village.

### **Swimming Proficiency:**

To participate in any water-based activity, you must be "water safe," able to swim 100 yards and tread water for 5 minutes, and capable of calmly handling yourself in the water. If you have any question as to whether you are "water safe," we encourage you to take advantage of a complimentary swim test, offered at any one of the campus pools during open swimming hours. Personal flotation devices are available at the Marina Aquatic Center and are required to be worn while sailing.

### **Taking a Sea Kayaking Class:**

- Register online at [secure.recreation.ucla.edu](https://secure.recreation.ucla.edu) for all classes
- Once registered, review the handouts specific to your course in advance so you come into the class with an idea of what will be covered. The handouts are available online as PDF files. Write down any questions, and bring them to the instructor on the first day of your class.
- Be well rested for your class. Kayaking can be physically demanding when the wind picks up.

### What to Bring for Class:

Be prepared to get wet! The goal is for you to be comfortable and warm, even if you get wet.

- **Shoes** - You must wear closed-toes shoes with a light colored, non-slip sole. The best shoes are ones that are specially designed for watersports. The object is to keep you from slipping, falling, or injuring feet or toes on the boat or dock. Please no sandals. Your shoes will get wet, so bringing an extra pair to wear home is encouraged.
- **Clothing** - Dress in athletic clothing that is comfortable and will dry quickly if it gets wet. It can be much cooler on the water than on land, so light jackets/windbreaks are always recommended. Avoid wearing loose or bulky clothing as they will get in the way or may catch on the oar handles. As with your shoes, it is a good idea to bring a change of clothes for when/if you get wet. The facility has wetsuits available for patrons to use during classes and rentals.
- **Towel** - Students will be required to complete a capsized recovery as part of the course. There is also always a chance while kayaking that you will get wet.
- **Sun Protection** - It is recommended that all students wear a hat, sunscreen, and sunglasses.
- **Food** - We do not have vending machines or any food on site, so we recommend bringing a snack or protein bar.
- **Water Bottle**- Long periods of time on the water and out in the sun can be dangerous if you do not stay properly hydrated. The MAC has a water cooler on weekends where you can refill your bottle.
- **Lock** - **Our lockers do not have locks, so you will need to provide your own. We do not recommend bringing any valuables to the facility or out on the water with you.**
- **Gloves** - Gloves can be useful to protect your hands and to keep them warm, but are **not** required for any MAC sea kayaking classes.
- **Face Mask** – for indoor portions of the course, upgraded masks such as medical-grade, surgical mask, KN95s or other approved respirators are required to be worn covering your mouth and nose. Extra masks are available on site, but all participants are encouraged to bring their own and a spare.

### Refunds and Transfers:

Please call us at [310.823.0048](tel:310.823.0048) or email [mac@recreation.ucla.edu](mailto:mac@recreation.ucla.edu).

Refund requests received at least 3 weekdays prior to the first class meeting (the Wednesday before the first class meeting, if it is a weekend class) results in a 90% refund or 100% transfer towards another class in the same quarter. **There are no refunds or transfers after this point.**

- No refunds or deferments are honored after the request deadline.
- If a class is cancelled, you will be eligible for a full refund or deferment.
- All refunds are processed through UCLA General Accounting.

### IMPORTANT – Please Read:

- Boating can be fun, relaxing and enjoyable. By observing rules and boating etiquette and demonstrating care and caution for yourself and others, you will reduce your exposure to injuries and help ensure that your boating experience is a pleasurable one.
- You have signed a release online when you registered, stating that you are water-safe (see swimming proficiency statement) and understand the risks involved in boating
- Injuries to participants in watercraft programs may occur from risks inherent in the sports or activities, from placing stress on the body that it has not been prepared for; from accidents in

learning or practicing techniques, from failing to follow training, safety or racing rules; and from the administration of first aid.

### **COVID Health and Safety:**

- **Vaccination Requirement:** In order to mitigate the risks of COVID-19 to our community, all recreation course participants not already subject to the UC vaccine mandate will be required to provide on their first class date either:
  - Proof of full vaccination card, i.e. at least two weeks have passed since the participant received the second dose in a two-dose series, or at least two weeks have passed since the participant received a single dose vaccine.
  - OR show a negative COVID-19 test (PCR or antigen) result administered within the 72 hours prior to the start of the course along with a photo ID.
- **Face Masks:** Masks are required for all indoor spaces at the facility including the boat bay, locker rooms/restrooms, classrooms, and office space. While participating in an class, masks are highly encouraged in outdoor settings where distancing is not possible.
  - Masks may be temporarily removed while using the showers in the locker rooms, but should be replaced promptly when exiting the shower.
- **Outdoor Learning:** Our courses are a mix and land and water-based instruction. Most of the time class time is spent outside, but for all indoor instruction, masks will be worn and the classroom room will be ventilated as appropriate.
  - Lunch will be eaten outdoors. There is limited seating with chairs/picnic tables or space on the lawn to eat. If more comfortable, participants may also eat in their cars during the lunch break.
- **Partner Requests:** For classes or programs that use double-handed equipment, participants who sign up with another friend/family member will be partnered together for the duration of the course.
- **Cleaning and Sanitation:** Shared equipment and space will be cleaned and disinfected after/between use according to local guidelines and industry standards.