



SEA KAYAKING CLASS INFORMATION

TAKING A KAYAKING CLASS

- Register online at secure.recreation.ucla.edu for all classes
- Once registered, you will be sent a confirmation email and prior to the class a welcome email with an idea of what will be covered is sent out. Write down any questions, and bring them to the instructor on the first day of your class.
- Be well rested for your class. Small boat kayaking can be physically and mentally demanding.
- Show up to your class on time. Late arrivals are disruptive to the class.
- 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 on the dock. The object is to keep you from slipping or falling. Boat shoes, water shoes, or old tennis shoes work well. Your shoes will get wet if you take them in the boat, so bringing an extra pair to wear home is encouraged.
 - **Socks-** Most kayakers go bare footed. If you prefer not to be barefoot, neoprene socks or water shoes are a good alternative, but not required.
 - **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. 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-** There is always a chance that you will get wet while kayaking. The MAC does not provide towels.
 - **Sun Protection-** It is recommended that all students wear a hat, sunscreen, and sunglasses.
 - **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 kayaking classes.

RAIN – [UCLA MAC Current Weather Conditions](#)

Please note if we get a significant amount of rain(.25 inches) of rain 48 hours before your paddle we will need to cancel your paddle due to the possibility of poor water quality. Please make sure to call the UCLA Marina Aquatic Main line at 310-823-0048 before coming down if it rains. Please also check the following website for wind conditions if the wind is 10min ave. is more than 14 knots and gusting up to 16 knots then we also will need to cancel the paddle.

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. Since parking is scarce (particularly on weekends and special events), we strongly encourage biking, busing, carpooling to the MAC. For more information regarding transportation and parking, [please click here to visit the MAC website](#).

REFUNDS AND TRANSFERS:

Please call us at [310.823.0048](tel:310.823.0048) or email 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.
- Refund check processing requires 4 to 6 weeks.

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. Coast Guard approved personal flotation devices are provided by the Marina Aquatic Center and are required to be worn while sailing.

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 insure 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.