

# Atlantic Kayak Tours

## Safety & Rescue at Norrie

### Course Description

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- Arrival Time:** 11:00 is time to get boat and personal equipment ready, so the program can start at 11:30
- Finish Time:** Program finishes about 4:30
- Meeting Place:** **Norrie Point Paddlesport Center** (see map on other side)
- Phone/Text:** (845) 246-2187
- Equipment:** Wear clothes to swim in and bring a change of clothes. We will be capsizing the kayaks. You should dress for the water temperature, not the air temperature. It's the best to wear quick dry clothing. On cool days keep away from cotton clothing. If you wear glasses you should have a strap to hold them on your head if you capsize. We recommend straps that float the glasses. We have bottled water and eyeglass straps for sale.
- Lunch:** Bring a lunch and plenty to drink for our rest stops. We will be learning on the move and will carry all the equipment including lunch with us.
- Motels:** See the Norrie Program Description on the website for a link to motels in the Rhinebeck Area.
- Camping:** For camping at Norrie State Park go to [www.reserveamerica.com](http://www.reserveamerica.com) and enter Norrie State Park.
- Directions:**
- From Kingston or Saugerties area, take Route 199 across the Rhinecliff Bridge. Make a right at the second light onto Route 9G south. Go 1.3 miles to intersection, turn right onto Route 9 south. Go 9 miles (past Staatsburg, golf course and Taconic Region Park Headquarters). Norrie State Park entrance is on the right. Follow signs for the Atlantic Kayak Tours or the Maria and go to the Norrie Point Paddlesport Center.
- From New Jersey or down state New York, take the New York Thruway to exit 18 (New Paltz). After the toll take the first right to Route 299 east. Take Route 299 to Route 9W. Make a right onto 9W going south to the Mid Hudson Bridge. Take the first exit over bridge to Route 9 North (Hyde Park). Continue on Route 9 north through Hyde Park. Go 3 miles past the Vanderbuilt Mansion, look for sign for Park. Make a left onto Old Post Road and park entrance will be in 100'. Follow signs for the Atlantic Kayak Tours or the Maria and go to the Norrie Point Paddlesport Center.
- From Connecticut or any place on the eastern side of the Hudson River, take the Taconic Parkway to Route 55 west. Take Route 55 to Route 9 north. Continue on Route 9 north through Hyde Park. Go 3 miles past the Vanderbuilt Mansion, look for sign for Park. Make a left onto Old Post Road and park entrance will be in 100'. Follow signs for the Atlantic Kayak Tours or the Maria and go to the Norrie Point Paddlesport Center.
- By train from Manhattan or Albany: Enjoy a beautiful trip by train, followed by a taxi ride. Take Amtrak to the Rhinecliff stop. Call (800) 872-7245 for train information. Rhinebeck Taxi (914) 876-2010. Call ahead for taxi prices and availability.
- lat/lon:** N41.8338/W73.9415

# Description

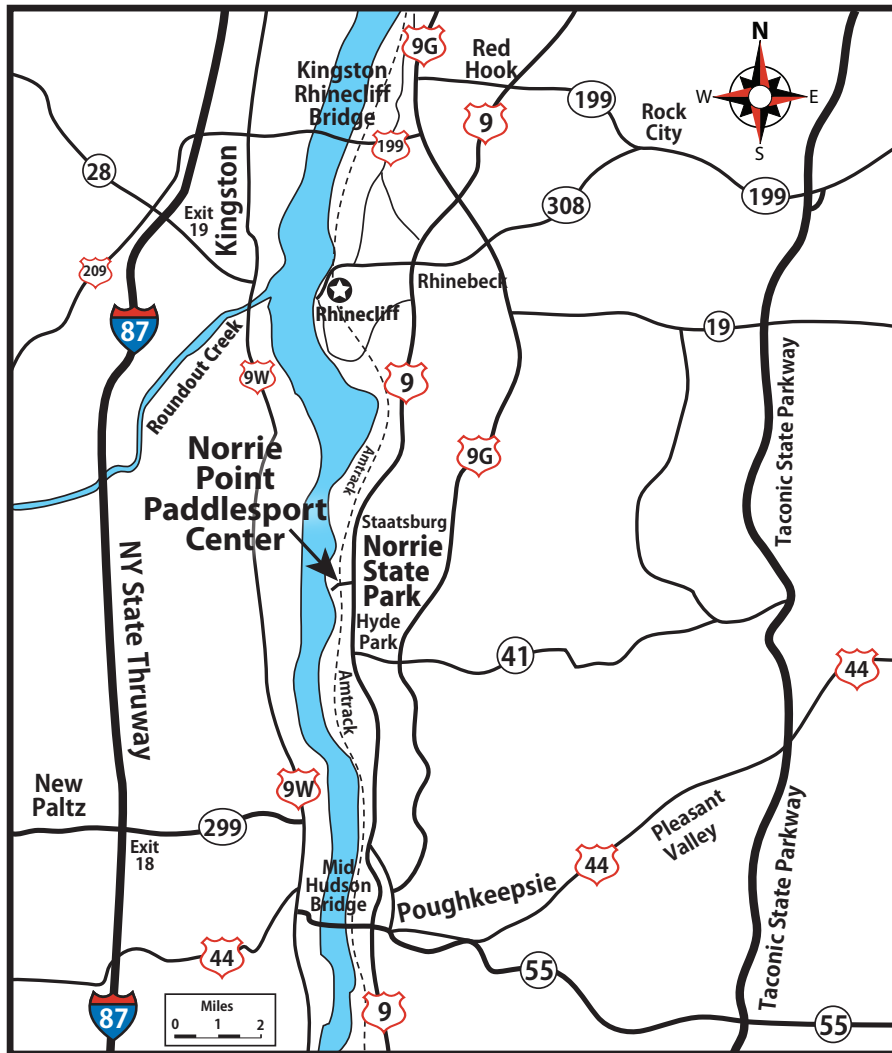
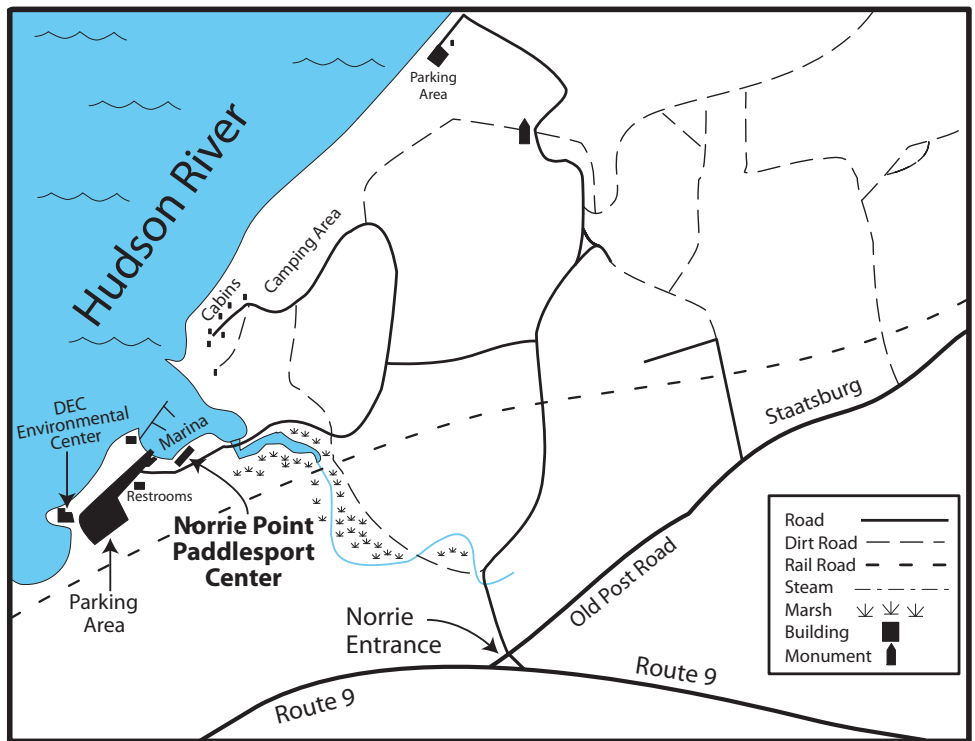
This program provides paddlers with the necessary safety awareness to ensure their safety and the safety of others.

In addition, it provides paddlers with the rescue skills they can use to help themselves and/or others in difficulty.

The rescue skills covered will include;

- Group rescues
- Self rescues
- Eskimo rescues
- All in rescue
- Rescuing a trapped paddler
- Short and long tows
- Swimming with your kayak
- Carrying a swimmer on your kayak
- Throw lines

and more.



If you have a tow line or throw bag, bring it. We will have a few for the group to share.

It is important to have the equivalent of our Core Techniques class skills and a willingness to capsizes to get the most from this program.

Topics will include: Self and group rescues, safety equipment, communication, signaling equipment, effects of cold water, how to dress, towing, risk assessment, CLAP, manual handling and unknown incidents.

Self, Team, Victim, Equipment will be the protocol used throughout the program.

We will carry our lunch with us as we will teach on the go. Our lunch spot might be on Esopus Island, Mills Mansion, or the Vanderbilt mansion.

This is a program all kayakers should take more than once. Our staff loves to teach it as we get a chance to practice all of these skills. As long as you are happy in the water, it's a fun program to take.