

# **INTRODUCTION TO SEA KAYAKING COURSE STRUCTURE**

## **What paddle strokes and techniques will I learn?**

- Strokes to make you go forward with efficiency
- Strokes to make you go reverse
- How to stop your kayak
- Strokes to make you turn
- Strokes to make you go sideways
- Strokes to keep you stationary
- Edging techniques
- Techniques to help you balance
- Strokes to keep you upright
- Upwind and down wind paddling strokes

## **Will we discuss kayak equipment and paddling gear?**

This will be the first thing we will discuss on Day 1.

## **Will we also discuss group safety, group management, suitable weather for safe paddling and interesting places to paddle?**

We will discuss all of the above through out the course however mainly on Day 2.

## **What rescue and recovery techniques will I learn?**

- We will conduct a dry capsizing drill on the land to ensure you feel confident just in case you capsize unexpectedly
- A “wet exit” or capsize
- Rafting up
- Self rescue technique
- Assisted rescue technique
- Rescuing others
- Towing others

## **How is the course structured over the 2 days?**

Day 1 - Emphasis is on basic paddling skills e.g. forward paddling, bracing and turning strokes. These strokes will assist in developing confidence on the water. Capsizing and assisted rescue techniques are normally conducted at the end of the day.

Day 2 - First part covers sea-kayaking theory such as tides, weather, navigation, group management, safety and day trip preparation. The second half of the day is part consolidating and part progression on Day 1 skills. New skills covered include sculling, edging, rescuing others and towing. A short trip will also take place where group management and safety will be practiced.

## **Do I need to undertake the course over consecutive days?**

You can complete the course over consecutive days (one weekend) or have the flexibility of completing the course over a few months, when time permits.

## **With these basic skills what will I be able to do?**

Remember this is an introduction to sea kayaking course so you have been taught the **basics** suitable for paddling in sheltered waters and always paddling with more experienced kayakers. Once you finish this course you will need to go away and practice. As far as paddling on a day trip, always go with at least 3 other people who are considered to be “experienced”. Always be mindful of the weather, tide, distances, fitness, energy levels, emergency equipment etc. Skills such as high support, Eskimo roll, paddling in surf conditions are advanced skills required for when the weather gets rough or when something unexpected happens and are covered in further courses offered by Sea Kayak Australia. These advanced skills will develop your confidence and expertise to undertake more adventurous trips.

## **What does the course include?**

Instruction, kayak, spray deck, PFD, pump, thermal top, spray jacket and course notes.

## **What do I need to bring?**

- Lunch & snacks
- Water bottle
- Hat
- Sunglasses with strap
- Sunscreen
- Bathers
- Thermals (top and bottom)
- Jumper or fleecy
- Wet suit - long johns or vest (if you have one)
- Wet suit booties, tevas, thongs or old runners.

## **How do I enroll?**

You can book online however if you further questions or have a group of 4 or more people please contact us.