

# Beyond the Basics

## Committed 2 the Core Sea Kayak Coaching



This is a comprehensive and fun introduction to ocean paddling. This two day program will focus on fundamental skills that are necessary to become a proficient paddler in ocean conditions. Theory will include ocean process, safety, navigation, equipment, paddling strokes and rescues. We will focus on different assisted recues as well as work on Solo rescue techniques. This program is essential if you plan on paddling on ocean. Certification available with successful completion of this program is Paddle Canada Level 1 skills.

**Day 1:** Takes place in sheltered waters so participants can work on good techniques and control of the sea kayak.

- Introductions, Course outline
- Fundamentals Strokes
- Sweep, draw, forward backward and stopping
- Boat Control
- Assisted Rescue – Kayak over kayak, Scoop, stirrup
- Discussions:
- Boat design,
- Equipment
- Fit a paddler to a boat

**Day 2:** Takes place on the ocean. Participant will paddle for most of the day putting there new skills into practice

- Navigation
- Weather forecasting
- Packing a sea kayak
- Solo re-entry practice (cowboy, paddle float and others)