

Welcome to Kayaking

Dates to be determined, please check website



Course Outline

Introduction: Aim is to provide novice paddlers techniques for paddling in clam sheltered water

Planning and safety (Before getting on the water)

Know your own abilities

Present Paddling Conditions/ assessing the environment

Injury Prevention – lifting & carrying a kayak (pairs only)

Personal: Clothing appropriate for kayaking/ Food/ Hydration

Kayak Orientation:

Parts of a sea kayak

Basic Boat Design

Outfitting a kayak

Safety equipment (Coast Guard) required and suggestions (first aid kit/ repair kit)

Paddles selection and intended use

Proper care of equipment

Paddling Skills:

Getting in a kayak safely in water & on beach

Forward (100m), Stopping, & Reverse (20m)

Forward & Reverse Sweep Strokes

Edging

Draw Stroke (3m)

Rafting

Lunch Break

Rescue Skills:

Wet Exit & retrieving a swamped kayak from 50m (individual)

Low Brace (partner up)

T – Rescue

DEBRIEF

reflection on day / skills taught