



BASIC COASTAL KAYAKING COURSE OUTLINE

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- A. CLASS PURPOSE-** 1) To assist new or developing kayakers in maximizing their enjoyment of the sport, and 2) To produce better decision makers on the water. This is done by teaching and practicing safety skills and paddling techniques.
- B. REQUISITES:** No kayaking or paddling experience required. Being comfortable in the water is helpful, however. Students will get wet!
- C. TIME:** Approximately 6-7 hours
- D. LOCATION:** Calm, protected, lake with no motorized boats
- E. CONTENT: Dry Land Discussion-Part I**
1. Welcome, introductions, expectations
 2. Course overview/liability form completion/policies
 3. Kayaking-types of environments
 4. Paddling environment-Wind, Waves, Weather, River hazards
 5. Hypothermia
 6. Hyperthermia
 7. Cold Shock
 8. Clothing-“dress for immersion”
 9. Boat designs, materials, and their purposes
 10. Essential equipment- boats, paddles, PFDs
 11. Recommended accessories and safety equipment
 - 12.
- F. CONTENT: Dry Land Discussion- Part II**
1. PFDs fit and function
 2. Stretching and fitness
 3. Paddle Set up and use-Rotation, Rotation, Rotation
 4. Entering and Exiting the kayak
 5. Boat Fit/Skirt use
 6. Weather check!
 7. How to enter/exit the boat
- G. CONTENT-On The Water Exercises**
1. Wet Exit-dry land practice first
 2. How to empty a boat near shore
 3. Paddle float recovery
 4. T-rescue recovery
 5. Eskimo bow rescue w/hip snap (Instructor demonstration only!)
 6. BREAK



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H. CONTENT- Dry Land Discussion-Part III

1. Welcome back, input on the first half of class
2. Weather discussion
3. Basic Navigation
4. Stretching
5. Dry land stroke practice

I. CONTENT- On the Water Exercises

1. Group paddling (signals and protocol)
2. Strokes-demos and practice
3. Near shore hip snap development
4. Sweep strokes w/leans
5. Bracing
6. Ethics and the environment
7. Short tour
8. What's next?!