



INTRODUCTION TO KAYAKING COURSE OUTLINE

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- A. CLASS PURPOSE-** To introduce the student to the fundamental elements of flatwater kayaking. Learning basic kayak terminology, participating in equipment and safety discussions, and paddling technique demonstrations are all part of this class. Students will have 60-90 minutes of paddling time available in this class.
- B. PREREQUISITES:** No kayaking or paddling experience required.
- C. TIME:** Approximately 3 hours
- D. LOCATION:** Calm, protected, lake with no motorized boats
- E. CONTENT: Dryland Discussion-Part I**
1. Welcome and introductions
 2. Course overview/liability form completion/policies
 3. Kayaking in Michigan-types of environments
 4. Paddling environment-Wind, Waves, Weather, River hazards
 5. Hypothermia
 6. Cold Shock
 7. Hyperthermia
 8. Clothing
 9. Boat designs, materials, and their purposes
 10. Essential equipment- boats, paddles, PFDs
 11. Recommended accessories and safety equipment
 - 12.
- F. CONTENT: Dryland Discussion- Part II**
1. Paddle Set up and use
 2. Stretching and fitness
 3. Entering and Exiting the kayak
 4. Boat Fit/Skirt use
- G. CONTENT-On The Water Demonstrations**
1. Wet Exit Demo by Instructor
 2. How to empty a boat
 3. Paddle float recovery Demo
 4. T-rescue recovery Demo w/ assistance
 5. Strokes-Forward, Reverse, Stopping, Sweep
 6. Short tour for enjoyment
- H. WRAP-UP**
1. Etiquette and the environment
 2. The next step!