



ADVANCED STROKES AND RESCUES

Jon Holmes, Director
1919 Woodfern
Lowell, MI 49331
616-460-0540
info@advonthegrand.com

- A. CLASS PURPOSE-**To review and refresh basic skills then introduce variations of advanced rescues, boat handling and paddling skills, and towing.
- B. REQUISITES:** Students should have taken the equivalent of our Basics of Kayaking class or have solid open water paddling experience. Students are required to provide a sea or day touring kayak with two sealed bulkheads, pfd, a spray skirt, and basic safety equipment.
- C. TIME:** Approximately 3 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. Equipment inspection
 - 4. Stretching
- F. CONTENT: On The Water Stroke Exercises**
 - 1. Basic stroke review and assessment
 - 2. Low and high brace review and assessment
 - 3. Sculling practice
 - 4. Low brace and edge turning
 - 5. Draw strokes
 - 6. Bow and stern rudders
- G. CONTENT-On the Water Rescue Exercises**
 - 1. Basic T-Rescue review
 - 2. Advanced T-Rescue Variations
 - 3. Paddle Over Rescue
 - 4. All-in Rescue
 - 5. Mock rescue scenarios with towing