



OPEN WATER COASTAL KAYAKING

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- A. CLASS PURPOSE-** To provide a skill building experience in the coastal setting of Lake Michigan.
- 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 as well as a lunch and beverages for the day.
- C. TIME:** Approximately 6-7 hours
- D. LOCATION:** Lake Michigan shoreline with access to protected inland paddling environment
- E. CONTENT: Dry Land Discussion-Part I**
 - 1. Welcome, introductions, expectations
 - 2. Course overview/liability form completion/policies
 - 3. Equipment inspection
 - 4. Group paddling dynamics and communication
- F. CONTENT: Morning paddling session**
 - 1. Skill assessment and review
 - 2. Open water paddling exercises (Basic navigation included)
 - 3. Towing
 - 4. Lunch
- G. CONTENT-Afternoon paddling session**
 - 1. Bracing in waves, wave paddling (conditions permitting)
 - 2. Advanced rescues
 - 3. Advanced strokes and maneuvering skills