

# INTRODUCTION TO SEA KAYAKING

**June 12, 25, July 2, 23, August 20 [2022]**

SAFETY COMPONENTS : 1. Equipment  
2. Techniques  
3. Knowledge & Judgment.

## COURSE OUTLINE

9:30AM - 10:30AM:	INTRODUCTION - BASIC EQUIPMENT -	Components of Safety Outfitted kayak - Appropriate clothing
10:30AM - 12:00AM	TECHNIQUES -	A. Proper fit B. Launch C. Safety discussion D. Basic strokes review - Forward, Reverse, Stopping - Forward Sweep, Reverse Sweep - Draw - Low Brace
12:00AM - 1:30PM	A. LUNCH B. SAFETY EQUIPMENT DISCUSSION	1. Rescue: flares, strobe, glow sticks VHF radio, cellular/satellite phones 2. Repair kit 3. First aid kit
1:30PM - 5:00PM	TECHNIQUES (Cont'd)	A. Review assisted rescues B. Towing (assorted methods) C. Solo rescues - no aids (other than paddle) - paddle float - Eskimo roll (introduction) D. Knowledge & Judgment components Objective concerns: wind, water and weather conditions Subjective concerns: hunger, thirst, fatigue, hypothermia

**Note: The content and sequence will be modified in response to weather & water conditions - and the ability of the participants.**