

INTRODUCTORY SEA KAYAKING COURSE

June 18-19, July 9-10, August 20-21, [2022]

The importance of safety will be emphasized throughout the course. A certificate of completion will be issued to all those who have satisfactorily completed the program. Paddle Canada certification will be available to those who have attained the requirements of the program.

COURSE OUTLINE

SATURDAY - AM	ORIENTATION:	Introductions, Course outline, Certification, Housekeeping
	A. THEORY	1. Equipment: Coast guard requirements Additional recommended equipment 2. Kayak design 3. Safety: On-water orientation (signals, capsize procedures)
	B. PRACTICAL	1. Stretching exercises 2. Skills: Fit & adjustment, Lift & carry, Launch & landing Basic Paddling strokes (Turning, Edging)
SATURDAY - PM	A. THEORY	1. Equipment: Clothing (including cold water gear) 2. Safety: Hypothermia
	B. PRACTICAL	1. Skills: Basic Paddling strokes continued (Forward, Reverse) 2. Safety: Towing : Contact , rope
SATURDAY EVENING		JOURNEYING & SEAMANSHIP Trip planning, Navigation & Route selection
SUNDAY AM	A. THEORY	1. Equipment: Paddles; Rescue equipment (tow ropes) 2. Safety: First aid; Repairs
	B. PRACTICAL	1. Skills: Basic Paddling strokes continued (Moving sideways) 2. Journeying & Seamanship (for day long trip)
SUNDAY PM	A. THEORY	1. Safety: Communication (radios, phones, flares, whistles, etc.) Emergency procedures
	B. PRACTICAL	1. Skills: Basic Paddling strokes (Support & Recovery) 2. Safety: Wet exit Assisted Rescues: Eskimo, Kayak over kayak, All in rescue Self rescues: With aids (e.g., paddle float), Eskimo roll

Note: Weather and water conditions are a major influence on sea paddling and we reserve the right to alter the schedule as needed.