



Meridian Kayak Adventures  
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## Introductory Sea Kayak Skills Course

### Activity Outline.

The Meridian Kayak "Sea Kayak Introductory Course" is the primer for safe and enjoyable sea kayaking. It is designed to equip paddlers with the necessary skills to competently participate in a range of sea kayaking activities.

The course delivery is flexible in terms of the depth and breadth of skills and knowledge. We believe that certain skills in particular are vital to effectively build and progress competence. These "building blocks" are then added to by mutual agreement to further develop and enhance the individuals' particular wants and needs.

The program or session outlines show the order or priority from "must have" to "want to have". Mutual agreement means that we can either skim through in less detail to cover more topics or, slowly pace through and refine less skills using more time. The student decides.

Typically, the course runs for two consecutive days so that skills learned on day one are still fresh to progress on day two.

**A point to ponder!** A constructive and responsible attitude to safety is paramount to enjoyable sea kayaking. A respect for the sea is critical. ***"Don't argue with the sea, it will win every time!"***



### **Day ONE - Morning - Paddling techniques**

Introductions.	Group formation and dynamics, student's expectations	
Safety briefing	Gearing up and sea kayak safety features.	
Paddling strokes -	Capsize drill and wet exit. (on land)	
	Forwards and reverse SWEEPS	For turning and steering
	Forward POWER stroke	Energy efficient technique
	Low brace or support	For staying upright
	Emergency stop	Safety!!!
	Reverse stroke	Going backwards
	High Brace	Staying upright with bigger waves
	Lean Turn	Sophisticated turning.
	Turning up wind and down wind.	Ditto
	Paddling into and with the wind	Ditto
Strokes Debrief		
Lunch		Fuel for the "engine"

## Day ONE - Afternoon - Rescues

Theory Session	Safety equipment Minimal Environmental Impact Planning and Preparation	Bits and pieces - Vital! Looking after where we paddle Information and gear requirements
Rescues and Practical safety	Revise bracing & Wet exits  Re-entering - assisted "V" rescue Towing - Single Rescuing Injured or disabled paddlers "Eskimo" rescue Multiple towing Re-entering - Self / unassisted. Introduction to rolling. Re-enter and roll	The start to rescues  Helping others - teamwork.  "Scoop" Stay dry! Double / "V" tow. Solo paddling.  The ultimate self-rescue.
Rescues Debrief		
Theory session	Tides / Navigation	
Debrief for the day.	Safety, Paddling, Rescues	

## Day 2 - Introductory Sea Skills Course -

Being flexible, the aim of day two is to either refine the skills learned on day one, or to progress on and develop more skills.

A day of touring among tidal currents and islands extends skills and knowledge from day one.

### Safety Briefing

Conduct morning activity	Preparation & planning Paddling technique coaching
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### Lunch

Theory Session	More detail on previous topics	IF wanted!
Conduct afternoon activity	Paddling coaching Rescues revision	
Eskimo Rolling	C to C Roll progressions "Powletta" Roll Screw Roll	

### Debrief trip

Debrief Course & Close

### Notes.

Successful completion of this course can lead to an Australian Canoe Inc. (AC) "Introductory Sea Skills Award" certificate.

The award requires the completion of a "Day Trip". That can be achieved either by opting for the day trip on day 2 or by attending a day trip organised by Meridian Kayak. Special rates apply for past students who wish to be assessed for an AC award.