



Meridian Kayak Adventures
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Proficiency Sea Kayak Skills Course - 4 Days

Activity Outline.

Meridian Kayak's "Proficiency Sea Kayak Course" is the ultimate sea kayak course of instruction for safe and enjoyable sea kayaking. It has been designed to equip paddlers with the necessary skills and knowledge to competently plan, prepare and to participate in a wide range of sea kayaking activities.

As with the Introductory Sea Skills Course, the delivery is flexible in terms of the depth and breadth of skills and knowledge. Again, we believe that some 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 4 day 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 skills using more time. The student decides.

The course runs for four (4) consecutive days so that skills learned are still fresh to progress with on the next day.

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!"***



I tinerary:

Flexibility is the key note of this course. Rather than adhere to a strict timetable, the structure is progressive in skills development. The weather plays a significant part in planning any sea kayak activity and so it is with a course of instruction. A number of different locations are used to best learn specific skills and so the course moves about Wilsons Prom.

A rough outline is shown to demonstrate its progressive nature

Day ONE	Basic Paddle strokes and rescues
Day TWO	Introduction to surf and bracing on waves
Day THREE	Rolling, advanced rescues and handling following seas
Day FOUR	Putting it all together on the open sea.

At least one night (weather depending) of remote camping is included to cover Minimal Environmental Impact.

Days are spent on the water doing practical skills while the evenings are devoted to theory sessions

Day ONE - Morning - Basic Paddling / Stroke 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/s	Energy efficient techniques
	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		

Day ONE - Afternoon - Rescues

Rescues and Practical safety	Revise bracing & Wet exits	The start to rescues
	Re-entering - assisted "V" rescue	Helping others - teamwork.
	Towing - Single	
	Rescuing Injured or disabled paddlers	"Scoop"
	"Eskimo" rescue	Stay dry!
	Multiple towing	Double / "V" tow.
	Re-entering - Self / unassisted.	Solo paddling.
	Introduction to rolling.	The ultimate self rescue.
	Re-enter and roll	
Rescues Debrief		
Debrief for the day.	Safety	
	Paddling	
	Rescues.	

Evening Meal: followed by theory sessions depending on weather and next day activities.



Days 2 - 4 - Moving on!

Being flexible, the weather and sea conditions will determine the activities and aims for each following day. Again, choice is available to either refine the skills learned on the previous day, or to progress on and develop more skills.

Evening - Theory Sessions

Safety equipment	Bits and pieces - Vital!
Weather information and interpretation in the field	
Tides / Navigation	
Risk Analysis	What can go wrong and how to prevent it.
Minimal Environmental Impact Planning and Preparation	Looking after where we paddle Information and gear requirements

Day Touring

Safety Briefing	Preparation Pre Embarkation	What everyone is expected to know
Passage planning	Tidal streams Wind effect and "leeway" Weather shifts	Easy or HARD. Blown sideways!
Group management	Way points Group spread Lead kayaks	"Are we there yet?" Safety in numbers
Pilotage	Communication, signals Transit marks Compass bearings and headings Safe corridors	Staying in touch Lining up features When the horizon is blank! Avoid the hazards
Debrief touring		

Surf Session.

Theory	Wave dynamics	Fetch, speed, shapes, Refraction.
	Beach topography & Hazards	Shelving, bars, rips, gutters
Safety briefing	Rules of the road Capsize Helmets and "clean" kayaks	Giving way, "dropping in"
Practical surfing	Low Brace & High brace "Catching" the wave Broaching Sideways surfing Stern rudder / Steering "Backwards" surfing	Speed control Lean & Supporting Direction control Mmm "Jedi"
Debrief surfing		

Rolling Session

Advanced bracing
"C to C" Roll progressions
"Powletta" Roll
Screw Roll
Without a paddle! The ultimate skill test.

Debrief rolling

Debriefs - a 4 step process

Each session or day	FACTS	What happened?
	FEELINGS	What did you feel about it?
	FINDINGS	What does it mean?
	FUTURE	Where to from here?
Debrief Course & Close	Course Debrief	
Close		

Notes.

This course covers all the competencies required for the **AC Inc. Sea Kayak Skills Award**.

SRO CAN 002A	Perform simple sea kayaking skills to a high standard of technical correctness
SRO CAN 005A	Apply complex sea kayaking skills in moderate conditions
SRO ORE 001/2A	Prepare to participate and participate in a supervised outdoor activity requiring basic skills
SRO OPS 001A	Implement Minimal Environmental Impact practices
SRO OPS 003A	Apply weather information
SRO OPS 004A	Interpret weather conditions in the field.
SRO NAV 002A	Navigate in difficult or trackless areas
SRO RIS 001A	Undertake risk analysis of sea kayak activities
	Coastal Navigation

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

The award requires the completion of a two day open sea expedition as well as 4 days of sea kayaking, 2 of which must be on open seas. That can be achieved in part during this course plus extra paddling days either by club paddling or by attending day tours organised by Meridian Kayak. Special rates apply for past students who wish to be assessed for an AC award.

