



Meridian Kayak Adventures
1300 656 433
www.meridiankayak.com.au

ONE Day Introduction to Sea Kayaking
Course Outline.

The Meridian Kayak "Introduction to Sea Kayaking Course" is a one day primer for safe and enjoyable sea kayaking. It is designed to equip any paddler with the necessary skills and knowledge 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.

Typically, our Fundamentals of Sea Kayaking Skills Course runs for two consecutive days so that skills learned on day one are still fresh to progress on day two. This particular course has been condensed into one day so it is rather intensive and practical.

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!"***



Morning -

Paddling techniques

Introductions.

Group formation and dynamics, student's expectations

Safety briefing

Gearing up and sea kayak safety features.
 Capsize drill and wet exit.
 (on land)

Paddling strokes -

The fundamentals and principles of energy efficient and injury preventative techniques

Forwards and reverse SWEEPS

Forward POWER stroke
 Low brace, high brace or support
 Emergency stop
 Reverse stroke

Manoeuvring strokes

Keeping course and turning under control

Lean Turns

Turning up wind and down wind.

		Paddling into and with the wind
Strokes		
Debrief		
Lunch		Fuel for the "engine"
Afternoon -		
Theory Session (Brief overview)	Safety equipment Minimal Environmental Impact Planning and Preparation Tides / Navigation Weather prediction	Looking after where we paddle Information and gear requirements
Short tour	Incorporating coaching, practical technique feedback and rescues.	
Rescues and Practical safety	Revise bracing & Wet exits Re-entering - assisted Towing – Single, multiples Rescuing Injured or disabled paddlers Re-entering - Self / unassisted.	The start to rescues Helping others - teamwork. "Scoop" rescues Solo paddling.
Rescues Debrief Debrief for the day.	Safety, Paddling, Rescues	

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.

The course is held at Mornington (Mothers Beach) on Port Philip Bay

The price of \$145 pp includes: a single sea kayak (or double if required), all safety equipment and paddling accessories, picnic lunch, snacks and refreshments.

For bookings and further details

Meridian Kayak Adventures

12 Clonard Avenue, Elsternwick, Vic 3185

- visit the website www.meridiankayak.com.au or
- phone 1300 656 433, Fax 6596 9548
- email info@meridiankayak.com.au



Approved course provider