SEA KAYAKING 2 – Open Ocean
(Student Outline)

Type of Kayak: Sea Kayak

Course Objective: Sharpen techniques learned in Sea Kayaking I, expose students to open ocean kayaking, additional rescues, and paddling greater distances. Emphasis on repetition

Duration: 2–Four hour sessions

Note: This is a general outline. Weather conditions and/or student ability level may necessitate altering the order or manner in which specific skills are taught.

SESSION ONE:
Introductions
Review techniques from Sea Kayaking I class:
   Paddle Technique/Boat Control/Wet Exit/T or Assisted T-Rescue
   High/Low Brace/Draw Stroke/Paddle and Whistle Signals
Sculling Draw
Edging/Boat Lean during Sweeps and Draws
Paddle Float Rescue
Distance Paddle
Paddle in Following/Beam Seas
Cowboy scramble

SESSION TWO:
Review from last week: Paddle Float Rescue, Sculling Draw, Paddle in Beam or Following Seas
Safety Discussion: Signaling devices
Bracing Practice
Distance Paddle
Sling Rescues
Towing Procedures
Practical Exam: Partner up rescue drill: paddle float and T-Rescue
Written Exam