GENERAL INFORMATION

Prerequisite: Sea Kayaking 1 and 2 and a minimum of 4 Kayak Outings, or permission of Head Kayaking Instructor
Type of Kayak: Sea Kayak
Course Objective: Sharpen skills learned in Sea Kayaking 1 and 2; learn to maneuver in surf zone; learn techniques for beach landings and launchings, with emphasis on repetition.
Duration: Two four hour sessions

Required to Pass:
(1) Successful completion of both sessions
(2) Ability to land and self-launch without dumping
(3) Completion of written exam
(4) Approval of instructor.

Note: This is a general outline. Weather conditions and/or student ability level may necessitate altering the location, order or manner in which specific skills are taught. There is no guarantee every student will pass the course.

SESSION ONE
(1) Review techniques from Sea Kayaking 1 & 2: High/Low Brace; Paddle and Whistle Signals
(2) Safety Discussion: Rip Currents, Kayaking in Moving Surf
(3) Shore Signals; Bracing in Whitewater
(4) Beach Landings and Launchings

SESSION TWO
(1) Review from previous session: Surf Zone Safety
(2) Beach Landings, Bracing and Launchings
(3) Surf Zone Paddle
(4) Practical Exam: Beach Landing, Bracing and Self-launching
(5) Option: Kayak surfing
(6) Written Exam