



14001 Fiji Way, Marina del Rey, California 90292
310.305.1576 Phone 310.305.1587 Fax
www.recreation.ucla.edu/mac
mac@recreation.ucla.edu

SEA KAYAKING 3

Surf Zone

--HANDOUT PACKAGE--

COURSE OBJECTIVE : Sharpen techniques learned in Sea Kayaking I & II, expose students to beach landing, launching, and rescuing and maneuvering in the surf zone.



SAFETY: Kayaking in Moving Surf

1. ALWAYS WEAR HELMETS in or near the surf zone.
2. Watch out for one another to see if anyone needs help.
3. Maintain distance between paddlers.
4. Repeatedly look over your shoulder at approaching swells.
5. If you are in the water, out of your boat, and you see another boat coming towards you dive under water until the boat/wave passes you.
6. Do not try to stop or slow your momentum on a wave or whitewater by putting your arms into the sand--this can cause a shoulder separation.
7. When you feel a wave about to knock you out of your boat--RELAX--GO LIMP and let the wave carry you.
8. Never brace the blade of your paddle into the sand--this will most likely cause the paddle blade to snap.
9. On shore, never stand behind a boat being washed up by the surf
10. Watch the surf, be on the look out for rip currents and move away from the area as soon as you spot one.
11. Shore Break/Dumping Waves are dangerous
12. Be on the lookout for other hazards such as swimmers, submerged rocks, kids playing in the surf, etc.

Beach Landing:

1. Paddle behind the swell/breaking wave so you're not caught by energy of wave as it breaks in the impact zone.
2. Keep kayak perpendicular to waves and point bow at the beach.
3. If a wave catches you and starts to turn your boat sideways, lean your body and edge your boat into the wave while bracing into the wave.

Beach Launching:

1. Make every effort to avoid the breaking wave when launching through surf. Timing is critical!
2. Spear through a breaking wave if caught in the impact zone. This is not a static hold position, never stop paddling!

SEA KAYAKING 3- Surf Zone

(Student Outline)

Type of Kayak: Sea Kayak

Course Objective: Sharpen techniques learned in Sea Kayaking I and II, expose students to beach landing, launching, and maneuvering through surf zone.
Emphasis on repetition

Duration: 3--Three 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 & II class: High/Low Brace; Paddle and Whistle Signals

Safety Discussion: Kayaking in moving surf

Shore signals

Landing, Bracing and Launching in surf

SESSION TWO:

Review from last week: Surf zone safety

More beach practice: Land, Brace, Launch

Surf zone paddle

Option: Kayak surfing

SESSION THREE:

Practical Exam: Beach landing, bracing and self-launching

Surf zone rescue drill: anchoring rescues

Option: Surf Zone paddling or kayak surfing

Written Exam

Good-byes

Trip & Class Schedules
Sunset/Moonlight Paddles & BBQs

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