

The UCLA logo consists of the letters "UCLA" in white, bold, sans-serif font, centered within a solid blue rectangular background.

# Marina Aquatic Center

## **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