

**SEA KAYAKING 1- Introduction to Sea Kayaking  
STUDENT OUTLINE**

**Type of Kayak:** Sea Kayak

**Course Objective:** Paddle Skills/Rescues/Stability and Boat Control  
Emphasis on ACA Strokes and Repetition

**Duration:** Two 4-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. Not every student passes the course.

**SESSION ONE:**

- Introductions
- Gear and Parts of the Kayak
- Enter/Exit Kayak
- Wet Exit & T-Rescue off Dock
- Paddle and Whistle Signals
- The Basic Strokes: Forward, Back, Sweep, Draw
- Handouts

**SESSION TWO:**

- Review from last week
- The Strokes in more depth: Forward, Back, Sweep, Draw
- Stern Rudder
- Hip Snap
- High/Low Brace
- Paddle Float Rescue
- Partner Rescue: T and Assisted T-Rescue
- Paddle Toward Breakwall or Marina Slips
- Option: Games
- Practical Exam:
  - Wet-Exit
  - Paddle Float Rescue
  - T and Assisted T-Rescue
  - High/Low Brace,
  - Basic Strokes, Draw Stroke, Boat Control
- Gear Clean-up
- Written Exam