

SEA KAYAKING 3 - Surf Zone (Student Outline)

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