

2-day Sea Kayaking Course Outline

9:00am - Meet your group and instructor/s at Charteris Bay approx half an hour drive from Christchurch.

Day 1 Overview.

Today is all about getting to grips with the essential skills and equipment that allows you to travel in the water safely.

Day 1: Intro to sea kayaking 9:00 am -11:00 am

- Fitting out your boat: foot pedal adjustment, seat adjustment.
- Overview of sea kayak equipment: Hull design and characteristics, grab loops, deck lines, bungee cords, hatches, rudders and skegs. Paddle floats, bilge pumps, pfd, spray skirts, split paddles, paddles.
- Paddle technique/skills: Forward and reverse strokes, forward and reverse sweep strokes
- Power and touring strokes, brace/support strokes (low brace)

12:00/12:30 Lunch

- Self rescues: Paddle float, scramble
- Emergency comms and equipment

3:30pm off the water

- Transporting and storing kayaks/gear

End of day approx 4:00/5pm

Day 2 Overview

Today our aim is to consolidate our new skills by putting it all together and attempting to paddle around into the harbour, possibly checking out Quail Islands Sea Caves or heading towards Purau Bay. Please note the word “attempt” as the weather will always dictate what we will be doing and where we can go on the water.

8:30/9:00am Confirmed meet time will be provided by the instructor at the end of day 1 and also the meet location for day2 (based on weather).

- Reinforce good technique in paddle strokes
- DED Reckoning

12:00/12:30 Lunch

- Navigation: Basic Piloting
- Team/group rescues: X Rescue

Off the water by 3pm. Pack up boats

- Care and maintenance of equipment -*return to the gear shed to clean and care for the equipment. (Approx. 1hr)*

**Please note that this is just a guide to how the course is normally run and your instructor may run the course in a different order to best fit in with local conditions and the abilities of the group.*