

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's, spray skirts, split paddles, paddles.
- Care and maintenance of kayak and equipment
- Paddle technique/skills: Forward and reverse strokes, forward and reverse

12:00/12:30 Lunch

- Sweep strokes
- Power and touring strokes, brace/support strokes (low brace)

3:30pm off the water

- Transporting and storing kayaks/gear

End of day approx 4:00/5pm: Transfer to accommodation, shared cabins based at Living Springs

Day 2 Overview

Today our aim is to consolidate our new skills by putting it all together

9:00am: Regroup with instructor

- Reinforce good technique in paddle strokes
- Emergency comms and equipment
- Introduction to marine charts and VHF

12:00/12:30 Lunch

- Supporting a rescue
- Self rescues: Paddle float, scramble
- Team/group rescues: X Rescue

Off the water by 3pm. Pack up boats

End of day approx 4:00/5pm

- Transfer to Christchurch/self-booked accommodation

**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.*