

Sit on Top Course Outline

10am- Meet clients at pre-arranged location

- Fill out paperwork
- Hazards
- Emergency comms and equipment

10:30-12:30

- Go through correct fitting of PFD's
- Overview of Sit on Top Kayaks & Equipment
- Get on water and cover Forward, Reverse & Sweep Strokes.

12:30- Lunch

1pm-2:30

- Self-rescue
- Assisted rescue
- Swimming with kayak and paddle

2:30-3pm

- Transporting and tying down kayaks
- Care of equipment

3pm- Course Finish.