

4-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 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 around 3pm. Pack up boats

End of day approx 4:00/5pm

- Transfer to accommodation, shared cabins based at Living Springs

Day 3 Overview

Today we look at really drilling down and extending on our paddle strokes as well as rocking the boat...we get railing and boat control underway while paddling in moving water.

9:00am: Regroup with instructor

Advanced paddle strokes and boat control

- Paddle technique/skills: Stern rudder, draw strokes, low brace turns.
- Paddling in current: Ferry gliding, entering and exiting eddies
- **12:00/12:30 Lunch**

- Control/maneuvering: Railing/edging, paddling around rocks
- Spend the afternoon consolidating skills in a paddle
- Self rescue in moving/lumpy water

Off the water by 3:30pm. Pack up boats

End of day approx 4:00/5pm

- Transfer to accommodation, shared cabins based at Living Springs. Possible stay a night on Quail Island, tents, cookers, and gas will/can be provided. This campout will be weather dependent.

The goal is to camp out on the final night; however, this is dependent on the weather, sea state, and group ability. The instructor on the day will make the decision on whether the conditions are suitable for the expedition to run. Therefore, the expedition is an option not a guarantee.

Day 4 Overview

9am meet: Consolidation Paddle

The group will choose (with their instructor) a location to paddle that fits with weather conditions, sea state and group ability.

Locations we can paddle:

Quail Island & Head of the harbour inc Cass, Rapaki and Corsair Bays

Little Port Levy

Diamond Harbour towards the outer harbour

1pm: Lunch

- Lunch will be spent on a beach somewhere along the way.

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