

# 9-Day Expedition Sea Kayaking Course

## Outline

### 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

## **Day 3 Overview:**

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

### **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

- Control/maneuvering: Railing/edging, paddling around rocks

### **12:00/12:30 Lunch**

- Spend the afternoon consolidating skills in a paddle
- Self rescue in moving/lumpy water

## **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.*

## **Day 5 Overview**

Today we travel out to Duvauchelles, Akaroa, our base for the week. Duvauchelles is approx 1.5hours from Christchurch and is tucked away on Banks Peninsula offering us access to some rugged and exposed coastlines.

Our Paddle location options: Okains Bay, Wainui Bay, Akaroa Harbour, Lyttelton Harbour, Le Bons Bay, Pigeon Bay.

### **Travel to Duvauchelles - 9:00am -11:00am**

- Arrive at Accommodation - set up for week

### **12:00/12:30 Lunch**

Get on the water

## **Day 6, 7, 8 & 9 Overview**

Each day your guide will formulate a plan based on the weather and group. They will talk with you and establish what is most important to you, and the other participants. With this information and a weather forecast your guide will come up with a plan that ensures you get the most out of your time on the ocean.

Skills Overview: All the skills in the below boxes will be covered throughout the 5 days, your day's plan will have an objective from below, plus opportunity to revisit skills throughout the week.

<b>Skills covered over days 5-9</b>	
<p><b>Navigation</b></p> <ul style="list-style-type: none"> <li>● Reading nautical charts</li> <li>● Navigating with a compass</li> </ul>	<p><b>Paddling skills</b></p> <ul style="list-style-type: none"> <li>● Paddling formations</li> <li>● Managing transitions</li> <li>● Surfing</li> <li>● Paddle strokes refined</li> <li>● Boat control &amp; maneuverability</li> </ul>
<p><b>Rescues</b></p> <ul style="list-style-type: none"> <li>● Self rescue</li> <li>● X rescue</li> <li>● Paddle float rescue</li> <li>● Towing</li> <li>● sling/stirrup rescues</li> </ul>	<p><b>Campcraft skills</b></p> <ul style="list-style-type: none"> <li>● water treatment</li> <li>● Garbage &amp; organics</li> <li>● Toileting</li> <li>● Tarpology</li> <li>● Fire lighting</li> </ul>
<p><b>Communication and emergency</b></p> <ul style="list-style-type: none"> <li>● Communication devices</li> <li>● Emergency shelters</li> <li>● Emergency distress signals,</li> </ul>	<p><b>Tide information</b></p> <ul style="list-style-type: none"> <li>● Tide charts</li> <li>● Rule of 12ths</li> <li>● Tidal streams</li> </ul>
<p><b>Plan and prepare</b></p> <ul style="list-style-type: none"> <li>● Plan for a multi-day, expedition kayak trip in exposed coastal waters</li> </ul>	<p><b>Overnight expedition</b></p> <p>If it is possible we will endeavour to take the group on an overnight expedition into the surrounding bays. This decision will be based on weather and client suitability, so is not a guaranteed part of the course. Your instructor will let you know if this is likely as soon as they are able to make the decision.</p>

*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.*

## Expedition location options:

- Okains Bay to Pigeon Bay Or
- Port Levy to Sumner/ Lyttelton Harbour

## Day 9 Overview

7:00-8:30 - Breakfast

8:30-9:00 – pack up from accommodation or return to Duvauchelles

9:30-12.30 – Extra time

Your guide will have this time planned into your sessions to cover some of the information listed in the table above.

However, this is a great time to ensure you have everything you wanted from the course and to cover anything in further detail that you're unsure of. Your guide will continually check in with you on how you're going on this course and we encourage you not to leave any questions till the last day as we can't guarantee we can cover it at the last minute!

12:30 – Lunch

2:00pm – Depart Duvauchelles- return to OENZ gear shed to clean and pack away equipment.

If you're travelling with OENZ back to Christchurch you can expect to be back in central Christchurch between 5:00 -5:30pm

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