

7-Day Expedition Sea Kayaking Course Outline

Day 1 Overview:

Today we look at really drilling down and extending on our paddle strokes as well as pushing our kayak control skills.

9:00 am: Meet with your instructor

Advanced paddle strokes and boat control

- Paddle technique/skills: Stern rudder, low brace turns.
- Paddling in wind/current: Ferry gliding, entering, and exiting eddies, reading the water

12:00/12:30 Lunch

Packing for an overnight expedition

- How to pack a sea kayak
- Keeping equipment dry
- Weight distribution
- Paddling with a loaded kayak
- Setting up camp

Off the water by 4:30pm.

End of day approx 4:30/5pm

- Potential overnight stay 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 2 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.

- Control/manoeuvring: Paddling around rocks, draw strokes
- Spend the afternoon consolidating skills in a paddle
- Self-rescue in moving/lumpy water

Locations we can paddle:

Quail Island & Head of the harbour inc. Cass, Rapaki and Corsair Bays, Diamond Harbour towards the outer harbour; Little Port Cooper & Port Levy.

**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 3 Overview

Travel to accommodation for the week 9:00 am – 11:00 am

- Arrive at Accommodation - set up for the week

12:00/12:30 Lunch

Get on the water, consolidation paddle.

Day 4, 5, 6 & 7 Overview

Our paddling options for the day will be Akaroa Harbour, Lyttelton Harbour, Port Levy, Pidgeon Bay, Okains Bay & Le Bons Bay.

Each day your instructor 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 instructor 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.

Skills covered over days 3-7	
<p>Navigation</p> <ul style="list-style-type: none"> • Reading nautical charts • Navigating with a compass 	<p>Paddling skills</p> <ul style="list-style-type: none"> • Paddling formations • Managing transitions • Surfing • Paddle strokes refined • Boat control & manoeuvrability
<p>Rescues</p> <ul style="list-style-type: none"> • Self rescue • X rescue • Paddle float rescue • Towing • sling/stirrup rescues 	<p>Campcraft skills</p> <ul style="list-style-type: none"> • water treatment • Garbage & organics • Toileting • Tarpology • Fire lighting
<p>Communication and emergency</p> <ul style="list-style-type: none"> • Communication devices • Emergency shelters • Emergency distress signals, 	<p>Tide information</p> <ul style="list-style-type: none"> • Tide charts • Rule of 3rds • Rule of 12ths • Tidal streams
<p>Plan and prepare</p> <ul style="list-style-type: none"> • Plan for a multi-day, expedition kayak trip in exposed coastal waters 	<p>Overnight expedition</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 7 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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