

## 2-Day Sea Kayak Surf Course Outline

**08:45am – Meet your group and instructor/s at Scott Park/Mt Pleasant Yacht Club, approx. 15-minute drive from the city centre.**

### **Day 1 Overview.**

**Today we will focus on the skills required to paddle in a surf zone and build confidence with these techniques safely and efficiently, as well as starting to develop an understanding of waves and the surf zone dynamics.**

#### **9:00 am Flatwater Session**

- Intro to course & paperwork
- Strokes: Forward and reverse power & sweep strokes
- Edging
- Low brace & low brace turns
- Stern rudder & stern rudder into low brace

#### **12:00 – 12:30 pm Lunch**

- Beachology
  - Anatomy of a wave
  - Types of waves
  - How waves form
  - Swell
- Surf forecasting
- Hazards
- Identifying safe landing sites on a marine chart

#### **2:30 pm**

- Wet exit
- Swimming with kayak and paddle
- Paddle Signals
- Rescues

#### **3:30 pm Off the water**

#### **End of day approx. 4:00/5:00pm**

- Transfer to accommodation
- Discuss tomorrow's objectives and meeting location

## **Day 2 Overview.**

**Today's focus will be on paddling in the surf, launching and landing safely and an introduction on how to play in the surf.**

### **9:00 am: Regroup with instructor/s**

- Reading the surf
  - Swell, sets, waves, rips, hazards, tides
- Re-cap paddle signals
- Low brace practice in the surf
- Turning your kayak in the surf
- Launching and landing in the surf
  - How to NOT surf a wave
  - Timing

### **12:00 – 12:30 pm Lunch**

- Surf etiquette
- Body position and visual focus
- Surfing
  - Straight run
  - Diagonal run

### **3:30 pm Off the water**

**End of day approx. 4:00/5:00 pm**

- Transfer to 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.**