

# 2-Day Sea Kayaking Course Outline

**08:45am - Meet your group and instructor/s at Otoromiro Hotel Lower Carpark in Governors 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 safely in the water.**

**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
- Using a rudder
- Edging

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

- Sweep strokes
- Power and touring strokes, brace/recovery strokes (low brace)

**3:30pm off the water**

- Transporting kayaks/gear

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

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

## Day 2 Overview

### 9:00am: Regroup with your 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 Christchurch/self-booked 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.*