

4-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 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
- 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 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

Day 3 Overview

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

9:00am: Regroup with 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 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.

- 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.*