

# 2-Day Intermediate Sea Kayaking Course Outline

**08:45am - Meet your group and instructor/s at Otoromiro Hotel Lower Carpark in Governors Bay, approximately a half-hour drive from Christchurch.**

## Day 1 Overview

Today we will review and extend our paddle strokes as well as pushing our kayak control skills.

### 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; however, this depends on the weather, sea state, and the group's ability. The instructor on the day will decide 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.*