

# Skills Session 1: Get Paddling

This session is designed to give you the fundamental skills and knowledge necessary to start sea kayaking safely on protected waters. The session is available to those of good health and fitness.

Our Instructor/Student ratio is 1-to-4, so you are assured of first class tuition and service. Our staff are patient and experienced outdoor educators who love to teach kayaking. They are there to ensure your expectations are met and most importantly that you are having fun!

## Do I have to know anything about sea kayaking?

No experience is necessary. We give you a background to sea kayaking in Australia and discuss the characteristics and features that are unique to sea kayaks and their accessories.

## What about capsizes?

We guide you through a simulated capsize on land before you begin paddling. In the event of an unplanned capsize you will be well prepared to exit your craft confidently under the watchful eyes of our staff.

## What paddle strokes will I learn?

- Efficient methods of turning and steering your kayak
- Efficient, user friendly, forward paddling techniques
- Stopping, reversing and making your kayak go sideways
- Upwind and downwind paddling
- The low support stroke

## What rescue skills will I learn?

- Self rescues with and without a paddle float
- Assisted rescues
- All-in rescues
- Towing systems involving 2 or more paddlers

## Why do I need to learn these skills?

Fatigue is a substantial risk involved in sea kayaking. Sea kayaking generally involves paddling over relatively long distances so efficient paddling techniques are vital to conserve energy. Sea kayaking involves being exposed to nature's beauty and power. The ability to rescue yourself and others is essential for safe paddling.

## And also...

Planning and preparation. We examine minimum gear requirements, group management on the water, suitable weather conditions for safe paddling and great kayaking venues to start you off!

## How much does it cost?

\$149 per person.

## What does it include?

Sea kayak and accessories, safety gear, paddling jacket and journal.

## Location?

The venue is weather-dependent, with Half Moon Bay and Sandringham Breakwater being frequently used.

## What do I paddle in?

Wetsuit, thermals and footwear are compulsory. Long John-style wetsuits are ideal. Polypropylene thermals are a great insulating layer close to your skin. Neoprene booties, Tevas or just an old pair of runners are fine on your feet.

If you have trouble obtaining any of these items contact us and we will arrange hire.

## What else do I need to bring?

- Jumper (woollen or fleece), spare thermals and a raincoat
- A hat
- Sunscreen
- Water bottle
- Lunch and snacks

## How do I enrol?

Contact us to check availability or for more information. Registration forms can be downloaded from our website.

## When is the next Skills Session?

Below are our planned dates for the 2002/03 season. Please check our website for any schedule changes.

### Planned dates for 2002

August 31	October 5	November 2
November 30	December 28	

### Planned dates for 2003

January 25	February 1	March 15
April 19	May 10	June 7

For bookings or more information:

## Adventure Canoeing

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