

FLATWATER KAYAKING LEVEL A

One may proceed through the skill levels and not participate in the instructor levels

The Flatwater Kayaking Level A is designed to introduce the inexperienced kayaker to paddling. The emphasis is on mastering the fundamentals of kayaking along with a strong grounding in water safety and safe kayaking practices. A spray skirt is not required for this course.

OVERVIEW OF FLATWATER KAYAKING LEVEL A

Prerequisites

None

Minimum Course Length

4 hours

Kayak Type

The candidate can use any type of kayak. Safety and skill items are to be accomplished without the use of a rudder or skeg. A spray skirt is not required.

Course Conditions

Sheltered Wind – Calm < 18 km/h in protected inland waters (<10 km/h in offshore conditions in large bodies of water such as Great Lakes or similar). Sea state – < 0.5 m waves in protected inland waters (calm to rippled in offshore conditions in large bodies of water such as Great Lakes or similar).

Course Location

Sheltered. Enclosed sheltered area with easy landing options readily available. Alternatively, the course can be offered in a pool.

Safety

- Wet exit
- Capsize and swim the kayak to shore
- Peer rescue
- Communications

Skills

- Lifting and carrying
- Launching, landing and removing the kayak
- Entering and exiting the kayak
- Forward paddling
- Reverse paddling
- Stopping
- Pivoting
- Turning

Theory

- Selection of equipment
- Equipment knowledge
- Equipment care
- Government regulations
- Outdoor precautions
- Environmental awareness
- Kayaking resources

Touring

- Personal risk management
- Awareness of others
- Safe kayaking procedures
- Access
- Kayak tour