

SAFE KAYAKING

The program provides first time paddlers with basic safety information relative to kayaking. By the end of this two to three hour session, it is expected that the paddlers will have enough skill to successfully get in and out of a kayak and be able to go recreational kayaking with a partner in calm and sheltered conditions close to shore for an hour or two. The emphasis is on a safe and enjoyable introduction to kayaking.

OVERVIEW OF SAFE KAYAKING

Prerequisites

None

Course Length

Two to three hours minimum

Class ratio

One Instructor to six participants

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).

Location

Sheltered. Enclosed sheltered area with easy landing options readily available.

This program can be conducted in a pool.

Safety

- Retrieving a swamped kayak
- Wet exit

Skills

- Lifting and carrying a kayak
- Entering/exiting a kayak
- Forward and reverse paddling
- Turning a kayak

Theory

- Kayak design
- Safety equipment
- Paddles
- Injury prevention

Touring

- Judgment