

ACA Introduction to Kayak or Canoe

Thoughts

I think I have a commitment to paddling, how do I really know? What is the best boat for me? How do I use the safety gear I have? This class offers details for new paddlers that allow you to decide your commitment and make decisions on further development.



Prerequisites: *None*

Next Step:

ACA Level-1 Kayak Skill Assessment or ACA Essentials of Kayak or Canoe Touring.

Topics Covered

We will cover the standard ACA curriculum including broader equipment needs, car-topping, and considerations of wind, waves and weather. We provide training in basic strokes, maneuvering and stability including forward, reverse, stopping, side draws, rudders and bracing for boat control. Safety components include capsizing, boat-swim, deep water assisted and self rescues.

Details and Requirements

This 6 hour course designed for the beginning paddler has no prerequisites. Participation may be documented with an ACA registration card provided for a nominal fee. Course is planned for group participation in a suitable flat-water environment such as a lake, cove, pool or similar protected water.

Basic Equipment includes a properly outfitted kayak or canoe with paddle and related safety equipment including PFD, spray skirt, paddle float, pump or bailer and sling. This equipment will be provided for the beginner, although it is best to use your own equipment if available. Please advise us on any equipment you plan to bring before the class.

Personal Equipment recommendations include clothing suitable for immersion (synthetics, no cotton) and water shoes (no open-sided sandals). The student should come prepared for brief periods of immersion while practicing certain skills. Some students prefer to use nose-clips, earplugs, and/or swim goggles during immersion – all are acceptable, though generally not required. Other items of personal responsibility include sunglasses, sunscreen, hat with visor, bug repellent and spare (dry) clothing. In cooler weather or on windy days a wind breaker may also offer comfort.

NOTE: We are not responsible for lost or damaged personal items. Plan to leave electronic keys, cell phones, etc. on shore or in a floating, waterproof container. Consider retention aids for prescription glasses, hats and other items dear to you.

Special Requirements

Please bring your desire to have fun and a spirit of adventure. In order to best serve you please advise us of any personal issues when registering so that we can prepare in advance for special paddling equipment. Let us know in confidence of any medical issues prior to the start of class. We can accommodate most concerns.

Costs and Fees

Class Fee	Boat and Gear Rental	ACA Participation Card
\$150.00	Included	\$15.00 (optional)