

# ACA Essentials of Kayak or Canoe

## Thoughts

How do I get a complete knowledge of what paddling has to offer? How can I feel confident on the water? What can I do to keep up with more knowledgeable paddlers? This class offers all the strokes and tools for the complete paddler.



**Prerequisites:** None

**Next Step:** ACA Level 2 Kayak or Canoe Skill Assessment, Advanced (Level-3) classes in specialized disciplines: Coastal Kayak, Whitewater Kayak or Whitewater Canoe, Kayak or Canoe rolling, etc.

## Topics Covered

We will cover the standard ACA curriculum including complete equipment needs, car-topping, trip-planning and risk management. We cover all basic strokes for maneuvering, stability and recovery: forward, reverse, stopping, side-draws, bow and stern rudders and bracing. Safety components include capsizing, boat-swim, swimmer-rescue, deep-water assisted and self rescues of all types.

## Details and Requirements

This 12 hour course designed for the committed 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
\$225.00	Included	\$15.00 (optional)