

ACA Coastal Kayak Basic Open Water Skills

Thoughts

Do we want to go out in the bay or sound? Do we need to know how to handle rougher water? This course will increase efficiency, fluidity and control. We will also get comfortable with edging, leaning and bracing and develop our supportive strokes to improve confidence in waves and chop.



Prerequisites: ACA Level 3 Coastal Kayak courses or Level-3 or higher skill certificate.

Next Step: *ACA Level 4 Skill Assessment, Coastal Kayak Rough Water Maneuvering, Towing and Rescues*

Topics Covered

We will refine our forward and reverse strokes, sweeps, beam draws, bracing, rudder strokes. We will add hanging draws, brace & rudder turns and other combined strokes. We will expand our tool box of assisted recoveries and add assisted and unassisted towing. Seamanship skills will include understanding wind and waves, basic navigation.

Details and Requirements

This 12 hour course designed for the committed paddler has ACA Essentials of Kayak Touring as its prerequisite. 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 and sling. This equipment will be provided as needed, 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 frequent immersion while practicing 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 a desire for serious 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	Available, Inquire	\$15.00 (optional)