

ACA Coastal Kayak Stroke & Maneuver Refinement

Thoughts

For students working to refine strokes in order to perform maneuvers with decision and assurance in order to prepare for more demanding trips and crossings and to meet more challenging conditions such as wind and current.



Prerequisites: *ACA Essentials of Kayak Touring* or similar Level-2 Kayak training.

Next Step: This is excellent preparation for strokes portion of an ACA Level 3 Skill Assessment.

Topics Covered

This course will concentrate on development and refinement of strokes and maneuvers in a sea kayak, including bracing, low/high brace turns, bow rudder, side slips and stern rudder. Graduates of this course may desire to re-take the course at any time to further refine techniques and develop style and form.

Details and Requirements

This 8 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 inner coastal environment.

Basic Equipment includes a properly outfitted sea kayak 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 immersion while practicing skills. 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 willingness to practice skills and push your comfort level. 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	Available, Inquire	\$15.00 (optional)