

ACA Coastal Kayak Rough Water Maneuvering, Towing and Rescues

Thoughts

For intermediate and advanced paddlers who want to improve skills in the marine environment. This course will prepare you for rough water rescues and recoveries and for functioning as a supportive member of a group in inner coastal areas..



Prerequisites: ACA Open Water Courses or ACA Level-3 (or higher) Kayak Skill Certificate.

Next Step: ACA Level 4 Skill Assessment, Advance Open Water or Surf Courses

Topics Covered

Course includes advance strokes, planning a rough water outing, decision-making risk management, rough water re-entries with loaded boats, rough water towing, proper equipment, group formations and communication in rough water. Also covers launching and land through moderate surf, understanding & dealing with tides and currents and use of shoreline dynamics, common injuries & avoidance.

Details and Requirements

This 8 hour course designed for the committed paddler who has demonstrated good level-3 skills. Participation may be documented with an ACA registration card provided for a nominal fee. Course is planned for group participation in a suitable rough-water environment such as a bay or seashore with moderate exposure and wave action.

Basic Equipment includes a properly outfitted sea kayak with integral flotation and decklines, appropriate navigation equipment, touring paddle and related safety equipment including PFD, spray skirt, paddle float, pump and sling. This equipment can be provided if needed, although it expected that students at this level will use your own equipment. Please advise us on any equipment you may need before the class. *Helmets not required but are encouraged for this course.*

Personal Equipment recommendations include clothing suitable for immersion and water shoes (no open-sided sandals). The student should come prepared for frequent, extended immersion while practicing skills. Nose-clips and/or earplugs are acceptable if properly rigged, but 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 more protective clothing is advised.

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.

Costs and Fees

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