

Basic Sea Kayak Strokes and Rescues 2-Day Course



July 31-August 1, 2010 9am-3pm

HERE'S WHAT TO EXPECT:

A safe and fun introduction to the sport of coastal kayaking. The course is designed to prepare paddlers to comfortably and safely paddle on protected, flatwater environments with conditions not to exceed 1-foot seas, 10 knot winds and be no more than 1/2 mile from shore. You will be actively involved and learning about sea kayak equipment, paddling techniques, on water safety and rescues.

WHERE: *The class will begin at 9am at the UMD Boat Shed on Park Point. Directions: Arriving in Duluth taking I-35 North, take exit #256B towards Lake Ave - go 0.5 mi, turn Left on W Commerce St - go 0.1 mi, turn Right on Lake Ave, go over the lift bridge, turn Right on 15TH ST S, turn Right on St Louis Ave (T in front of armory), we are next to the armory.*

COURSE INFORMATION: *This is a physically demanding class, please eat a healthy breakfast pack a lunch and drink plenty of fluids. You will spend the day paddling and swimming in Lake Superior and the Duluth Harbor.*

EQUIPMENT: *The weather in Duluth can be particularly wet and cold, learning kayaking skills is a getting and being wet process. Please bring the following equipment; Swimsuit & towel, filled water bottle, sunglasses, eye glasses strap, sunscreen, warm hat that covers your ears, sun hat, notebook & pencil, lunch, fleece long sleeve top or wool sweater, footwear - 1 thin and narrow soled pair of shoes to get wet, i.e., neoprene booties, teva style sandals, tennis shoes, etc, synthetic long underwear top and bottom / no cotton, warm jacket.*

WE PROVIDE: *We provide kayaks, paddles, lifejackets, wetsuits and accessories*

COST: \$195

Call to arrange different dates for small groups.

\$200/person/2-day (2-3 people) or \$180/person/2-day (4-6 people)

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General Information and Registration

Phone: (218) 726-7128

Fax: (218) 726-6767

Email rsop@d.umn.edu

Website www.umdrsop.org

Sea Kayaking Information

Call Pat Kohlin at 218-726-8801

Alternate Dates & Customized Courses Available Call 218-726-7128

Course Content:

- **Welcome & introductions**
 - Introductions & Expectations
 - Health & liability forms
 - Student & instructor expectations
 - Environment-underwater learning
 - Physical-flexibility, fatigue
 - Emotional-fears
 - Cognitive-information overload
- **Equipment orientation**
 - Personal clothing & gear
 - PFD's, wetsuits & sprayskirts
 - Safety equipment
 - Kayak nomenclature & terminology
 - Boat design
- **Boat fit & adjustment**
 - Boat/body weld
 - Individuals get sized to boats
- **Carrying kayak to and from water**

- **Demonstrate & practice wet-exits**
(one-on-one supervision by instructor)
- **Boat control/stability exercises**
- **Paddle orientation**
 - Parts & design
 - Sizing, indexing, relaxed grip
 - Feathered vs. non-feathered, paddle control
 - Torso rotation & paddlers box
- **Launching & Landing**
 - Proper entry & exit of boat from shore or dock

- **Introduction to Basic Strokes & Maneuvers**
 - Sweep strokes (forward & reverse, spins)
 - Forward touring stroke
 - Reverse stroke & stopping
 - Draw stroke

- **Lunch Break/Discussion 45 Minutes**

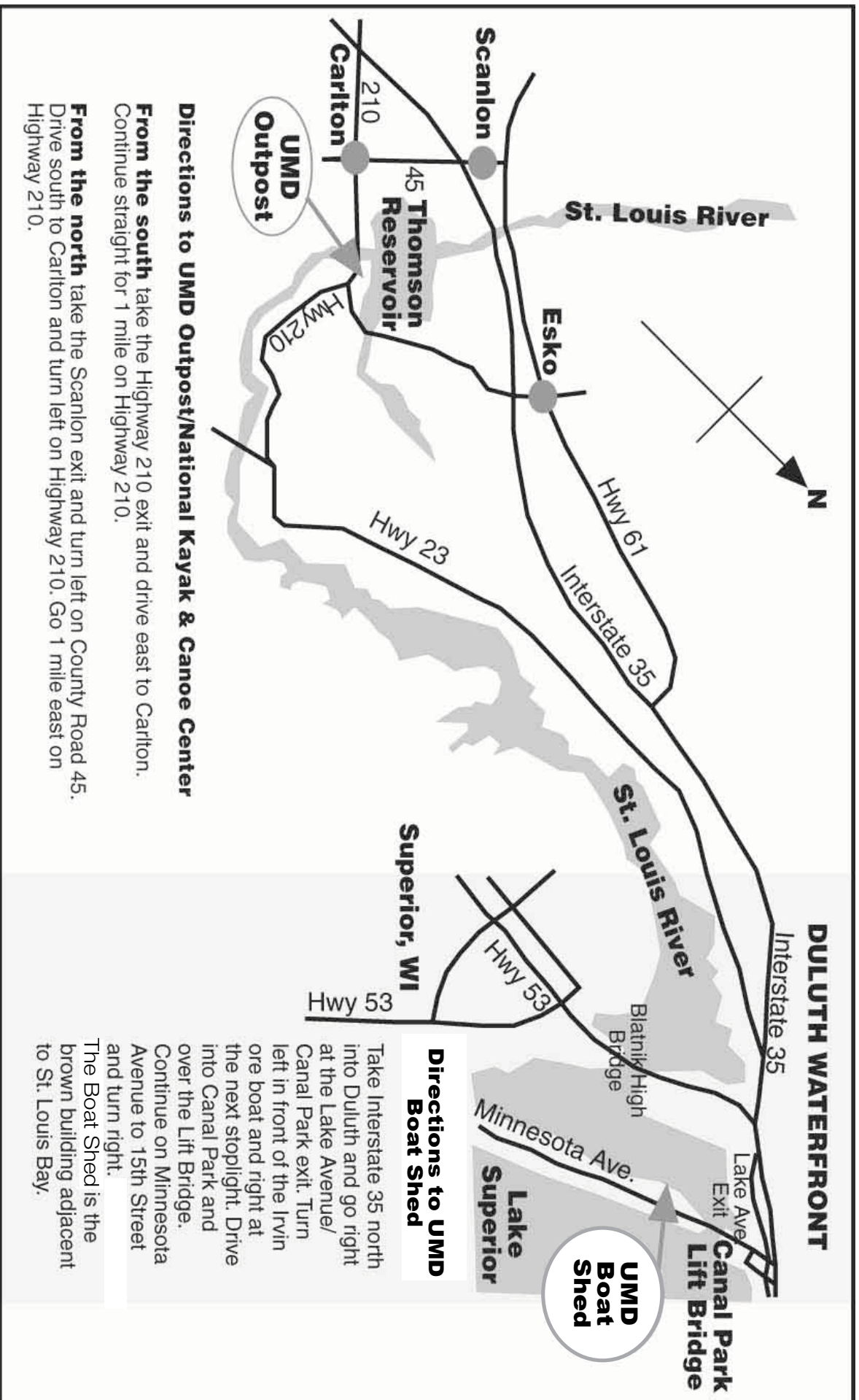
- **Group Safety Talk/ Paddling as a group**
 - Signaling & safety devices discussion
 - On-water hazards
 - Weather, wind & wave dynamics
 - Listen to NOAA weather radio
 - Discuss current wind speed & direction
 - Discuss maximum limits for beginners
 - Group signals
 - What to do in the event of an emergency

- **Introduction to Basic Rescues**
 - Practice Paddle Float Self-Rescue and
 - T-Rescue with/without stirrup

- **Afternoon Tour**
 - Continue to develop good forward stroke technique
 - Discuss & practice course correction techniques for windy conditions

Objectives: Participants will learn how to:

1. Properly fit & adjust their kayak for effective control and comfort
2. Safely portage their kayak to the water
3. Attach their sprayskirt
4. Properly & safely enter and exit their kayak from shore
5. Safely & effectively wet-exit their kayak
6. Demonstrate proper use & control of the paddle
7. Perform basic strokes and maneuvers
8. Perform a T- and Paddle Float Self Rescue
9. Be oriented with essential safety equipment
10. Understand the importance & influence of weather and tides on the coastal kayaker
11. Identify marine hazards & safety concerns and explain strategies for dealing with them
12. Demonstrate an understanding of some basic Rules of the Nautical Road
13. Understand personal limitations and skill level



Directions to UMD Outpost/National Kayak & Canoe Center

From the south take the Highway 210 exit and drive east to Carlton. Continue straight for 1 mile on Highway 210.

From the north take the Scanlon exit and turn left on County Road 45. Drive south to Carlton and turn left on Highway 210. Go 1 mile east on Highway 210.

Directions to UMD Boat Shed

Take Interstate 35 north into Duluth and go right at the Lake Avenue/Canal Park exit. Turn left in front of the Irvin ore boat and right at the next stoplight. Drive into Canal Park and over the Lift Bridge. Continue on Minnesota Avenue to 15th Street and turn right.

The Boat Shed is the brown building adjacent to St. Louis Bay.