Northeast Wisconsin Paddlers
Kayak Essentials Class – General Outline

Course Overview: The Kayak Essentials Class is designed as a short program emphasizing safety, enjoyment and skill acquisition for entry level individuals in the public, private and commercial setting. This course is appropriate for people interested in paddling all kayak craft, including traditional decked kayaks (whitewater, sea kayak, recreational), inflatables and sit-on-tops. The instructors will emphasize specific skills and techniques that are most appropriate for certain types of kayaks or paddling conditions in response your input.

Goals: The course is designed to help you:

- Recall and apply the principles needed to enjoy a safe day on the water
- Paddle in straight line and maneuver the kayak using appropriate basic strokes
- Outfit your boat to comfortably fit your body
- Perform assisted re-entry and at a minimum understand the solo re-entry process
- Dress appropriately for paddle conditions

It is our intent to help establish a foundation from which you can confidently continue to develop skills outside of the class and experience the pleasures of paddle sports.

Prerequisite:	None
Other Requirements:	Appropriate swim gear for pool conditions; water socks if desired; ability to swim. Helmets with nose clips will be provided for the class. The pool temperature is maintained for competitive swimmers and might be cool. Polypropylene or neoprene tops and bottoms beneath swim shorts or bathing suits might be more comfortable for activity that involves climbing in and out of the kayaks. Ladies may prefer shorts-style swim wear over bikini type styles for greater comfort climbing in and out of the plastic kayaks.
Course Duration:	9 hours in three three-hour sessions split between classroom and pool
Location:	Classroom and pool locations will be posted in the host facility
Class Size:	Limited by pool capacity; typically, 10 – 12 students
Instructor Ratio:	Certified (ACA or BCU) and assistant instructors will meet and generally exceed ACA guidelines
Successive Paddle Opportunities:	Open pool time, Rolls and Rescue class; NEWP Student Outing weekends for Whitewater and Coastal experience. See http://NEWP.club for details on those opportunities and further information on all NEWP on and off-water activities.

In addition, course instructors and fellow students will share information on paddling related events and activities scheduled for the coming year, including information on kayak swaps and sessions, organized paddles and local outdoor or paddling groups.

The following is a general summary of course content for the Kayak Essentials class. The content and sequence of instruction will be arranged to best fit class needs, location and time allowances. Various video clips, paddle gear and equipment, demonstrations and discussion support the classroom instruction.

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Class 1 - Classroom

1. Housekeeping
   a. Waivers, student contact data, label helmets
   b. Class logistics/ timing
   c. Safety/ Lifeguard-in-Charge / Secure valuables
   d. Physical condition concerns/ issues/ nose clips and jewelry
2. Student and Instructor Introductions
   a. Paddling experience and interests
   b. Own boats/ equipment? Type?
   c. Hopes / expectations for this class?
3. Open Pools – Student Outing – www.NEWP.club
4. Types of kayaks
5. Skirts – nylon vs. neoprene – fit, purpose, grab loop
6. J-lean and Wet Exit videos
7. Pool procedures

Class 1 - Pool

1. Fit boats and helmets (label both)
2. Entry demo and enter boats (instructor assisted)
3. Raft up – wiggles and J-Leans
4. On-Water Demos
   a. Wet exit and empty boat procedures
   b. Eskimo bow rescue/ hip snap
5. Practice wet exit and bow rescue
   a. Break into student/ instructor teams; progress to student wet exit (two times)
   b. Pair students and practice bow recovery
6. Strokes – Forward and Reverse
7. Water games
8. Proper Wet Exit – hang on to paddle and boat

Supporting Materials and Homework

1. *One paddle, two skirts*
2. *Helmets for all students (duct tape and markers)*
3. *Online info at* www.NEWP.club: *Informational Links*
4. *Cold Water videos to view (Cold Water Boot Camp 1-10-1; Cold Water Boot Camp USA;)*

Class 2 - Classroom

1. Re-introductions/questions/ feedback/ review
2. Paddles – types and anatomy
   a. Whitewater/ Touring/ Greenland
   b. Paddles– length – weight – blade shape – grip
   c. Holding the paddle: paddler's box, torso rotation
3. Lawry balance drill
4. Communication (paddle/ hand signals)
5. Group paddle coordination and navigation rules
6. Paddle Strokes (dry stroke drill)
   a. Sweeps - Forward and reverse
   b. Forward and reverse strokes
   c. Draws – out-of-water, in-water, sculling
   d. Video Clips

Class 2 - Pool

1. Find/ fit boats, skirts, paddles
2. Stretch exercise – paddle pass rotation and boat parts
3. Demo strokes (forward sweep, reverse sweep, out-of-water draw, in-water draw, sculling draw)
4. In water torso rotation exercise – Side paddle w/ doggie toys
5. Sweeps – extension, torso rotation, posture
6. Cowboy scramble
7. Draw strokes – out of water recovery; in water recovery; sculling
8. Review Session 1 Strokes (If time permits)
   a. Forward stroke – down and back
   b. Reverse stroke – down and back (stopping)
   c. Proper Wet Exit

Supporting Materials

1. *Paddles for all students*
2. *Safety and communications gear*

Class 3 - Classroom

1. Re-introductions/questions/ feedback/ review
2. Safety gear – overview of usage and storage
   a. PFDs
   b. Boat re-entry and rescue - Pump, float, throw/ tow ropes, stirrup
3. Signal gear - Lights, flares, whistles, Marine radio, mirror, air horn, cell phone
4. Hypothermia
   a. Clothing – options for all conditions; dressing for the water
   b. Eating and hydration
   c. Hyperthermia
5. Braces – high and low
6. Rescues (solo – paddle float, assisted – T/ TX)
7. Paddle networking options: Student Outing Weekends; Kayak Symposia; Public Paddle events; informal paddle groups

Class 3 - Pool

1. Stretch exercise – paddle pass torso rotation
2. Demo rescues – out of boat solo with float and assisted (T/ TX or parallel with paddle)
3. Two or four people work on rescues in deep end
   a. Rest of class works on braces - low and high
   b. Sculling brace
   c. Practice bracing
   d. Bracing – low and high
   e. Bracing turns and edging
4. Rotate all students – all students must participate in recovery/ re-entry
5. Proper Wet Exit

Supporting Materials

1. *All season paddle gear*
2. *Different PFDs (safety discussion)*