



Quickstart Your Kayak

COURSE OVERVIEW: This workshop is a brief introduction to paddling a kayak. Students are presented with basic information on dressing to paddle safely and potential hazards and simple rescues. A minimal paddle skill set is presented and practiced, allowing students to safely and comfortably maneuver on still water.

COURSE OBJECTIVES: To make available a short program emphasizing safety, enjoyment and skill acquisition for entry level paddlers

PARTICIPANT QUALIFICATIONS: None

MINIMUM PERSONAL EQUIPMENT FOR THE CLASS:
None

COURSE DURATION: Three + hours at Instructor's discretion

LOCATION: Quietwater

SUCCESSIVE COURSES: Intro to Kayak, Essentials of Kayak Touring, Essentials of River Kayak

The following is a summary of course content for the Quickstart Paddling program. The content and sequence of instruction should be arranged to best fit the students' needs, classroom location and time allowances.

1) INTRODUCTION AND LOGISTICS (10 minutes)

- Welcome
- Introduction of instructors and participants
- Course overview with expectations and limitations, and time frame
- Waiver, assumption of risk, and medical form
- PFD policy (wear at all times on water)
- Site specifics: sequence, regrouping, toilet facilities, and alternate possibilities

2) PERSONAL PREPARATION (5 minutes)

- Personal Behavior:
 - a. No alcohol/ substance abuse
 - b. Private property rights
 - c. Litter
 - d. Etiquette (at put-in & take-out, on water, noise)

- Personal Skills:
 - a. Swimming ability (identify non-swimmers in class)
 - b. Physical fitness and warm ups (see handout)
 - c. Paddling and boat handling
 - d. Safety and rescue
 - e. (Optional) first aid and CPR
 - f. Personal Equipment

3) SAFETY AND RESCUE (40 minutes)

- Life jackets (PFD): types, materials, correct fit
- Possible Hazards:
 - a. Current
 - b. Strainers
 - c. 3 W's- wind, waves, weather
- Hypothermia-Help & Huddle, appropriate clothing
- Hyperthermia-hydrate often and early, appropriate clothing
- Rescue:
 - a. Rescue Sequence: RETHROG
 - b. Rescue Priorities: people, boats, gear
- Demonstrate or Discuss:
 - a. Water confidence and comfort test
 - b. Effective rescue techniques

4) EQUIPMENT (15 minutes)

- Kayak: types, parts, materials
- Paddles: types, parts, hand positions, sizing

5) GETTING STARTED (30 minutes)

- Car Topping: racks, tie downs, loading and unloading
- Kayak Carries
- Launching: from land or docks
- Trim
- Positions of paddle and posture
- Terminology: onside, offside, etc.
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6) MANUVERS (1 hour, 45 minutes)

- Forward: Hull moves forward in a straight line.
- Forward Stopping: boat stops within a reasonable distance.
- Spin: (onside & offside) Hull pivots from standstill.
- Turn: Hull turns while underway
- Abeam: Hull moves sideway from standstill



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7) CONCLUSION (15 minutes)

- Course Review
- Course Limitations (not advanced)
- Need for further instructions, practice, and experience
- ACA membership/participation cards
- Local paddle clubs or groups

NOTES