**SPLASH KAYAKING GROUP**

**KAYAKING SKILLS COURSES...previous experience is NOT required...nope not one little bit!
LESSON IS NOW BOOKED FOR YOU – duration 3hours.**

**Please arrive at least 15 mins prior to your lesson commencing...for the boring bits and to make sure we get started on time, thank you much appreciated.**

**If you don’t really need it...please don’t bring it...I will take plenty of pics of you in action and will have a VHF and UHF radio onboard / Android phone and extra dry bags.**

**Please relax and enjoy yourself today...It’s all about having lots of fun and gaining skills in a non pressure environment...(chances are the other paddlers in our group are also new to kayaking) or maybe like yourself are first timers wetting a blade.**

**I intend to teach and advise you in a fun and professional way (over 20 years as an accredited Instructor) so you’re in safe hands today ok...again please relax.**

**I will teach you how to kayak correctly and maintain injury free paddling days...I use the DEDICT method of teaching which I find has a 100% success rate....yes of course**

**YOU CAN DO THIS!!! I have total confidence in YOU.**

**Demonstrate – demonstrate the skill**

**Explain – explain the skill, what it does and its key components**

**Demonstrate – demonstrate the skill again but explain how and why**

**Imitate – ask the training squad to do the skill**

**Correct – as the squad practises, correct errors with each person**

**Test – place the skill under test, in a non-competitive way.**

 **Course Basics: What you will be taught...extensive yes, but well worth it.**

**3 X New Kayaking Handle Signals...I bet you have never seen these before...**

 **1) Overview and introduction to kayaking.
2) Equipment Orientation/Dress Code/Hazards/PFD’s/Spray Decks.
3) Individual Fitting of Participants to Kayaks.
4) Sheltered beach for dry run paddling exercises.
5) Paddling Technique including Paddlers Box technique and importance/ (Dry Run)**

**6) Stroke Practice, Forward Stroke / Stopping Stroke / Backwards or Reverse Stroke, Sweep (turning stroke) / Draw (sideways stroke) / Low Brace / High Brace demonstration only (unless your wanting to use that towel awaiting you in your car).**

**7) Capsize Drill - (In water shallow enough to stand in...to be completed toward end of session) voluntary only... not expected if not comfortable....dry land based demonstration also for sea and sit on top kayaks. 8) Self Rescue Options... Paddle Float Rescue – Practice...Wet Exits and re-entries for sea kayaks.**

**Intermediate and advanced paddlers with more challenging skills as requested to learn including Eskimo rolling and cowboy / self assisted and T/rescues.**