



INTRODUCTION TO KAYAKING

This course is conducted using sit - in type kayaks

This course is designed for people who are new to kayaking. It will provide information on:

- what to wear when kayaking
- safety awareness when kayaking
- different types of kayak design
- kayak safety features
- different types of paddles

It will provide instruction on how to:

- determine the correct length of a paddle
- hold a paddle
- lift and carry a kayak
- get in and out of a kayak
- launch and land a kayak
- adopt the correct sitting position while kayaking
- raft up with other kayakers
- paddle forward
- paddle backwards
- turn a kayak
- stop a kayak in an emergency
- use the paddle to brace to help prevent a capsize
- manoeuvre the kayak sideways
- capsize and self-rescue

A Swan Canoe Club Introduction to Kayaking certificate will be awarded to people who have demonstrated competency in the basic paddle strokes, a capsize and self-rescue and the ability to swim 50m while wearing a PFD (personal floatation device).

This course will provide all the instruction and information required to kayak confidently on placid water.

Course location: Swan Canoe Club, Johnson Parade, Mosman Park

Duration of course: 5 hours

Cost: Club members \$70.00

Non members \$90.00

(Includes the use of a Club kayak and equipment)

To make an enquiry or to book course please contact the instructor.

Instructor. Colin Priest

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