



Sample Ocean Kayak Training Program

Course content will cover

- Forward and reverse strokes
- Sweep strokes
- Braces
- Maneuvering your boat
- Blending of strokes
- Teaching progression
- Launching and landing

Capsize Recovery and Incident Response

- Moving water and non-moving water
- Solo recovery
- Assisted recovery
- Towing
- Incident response and short / long range planning

Equipment and Clothing

- Clothing for paddling and campsite

Logistics

- Menu planning
- Route planning
- Campsite selection
- Contingency plans
- Pre-tripping areas
- Logbooks
- Emergency response protocol

Navigation

- Chart interpretation
- Compasses
- Using natural advantages



Sample Ocean Kayak Training Program

Ocean Skills - Currents

- Identifying and paddling
- Group management
- Safety

Ocean Skills - Tides

- Conceptual understanding
- Practical understanding

Ocean Skills - Surf

- Types and location
- Group management
- Safety
- How to paddle in it

Weather

- Forecasts
- Weather reports
- Field interpretation
- Theory

Group and Leadership Skills

- Developing a leadership repertoire
- Conflict resolution
- Communication
- Teamwork
 - Group travel
 - Setting a tone
 - Dynamics
- Intra- and inter-personal skill development