

# CTPC Beginning Kayaking or Canoeing

## Thoughts

Never been in a kayak or canoe before or missing some fundamental skills? Then this is the class for you. In the comfort of placid waters or pool this class is a relaxing and informative way to learn the basics.



**Prerequisites:** *None*

## Next Step:

*CTPC Intermediate Kayaking or Canoeing*

## Topics Covered

We will cover equipment needs, car-topping, and considerations of wind, waves and weather, basic strokes, maneuvering and stability including forward, reverse, stopping, side draws, rudders and bracing for boat control. Safety components include capsizing, boat-swim, deep water assisted and self-rescues.

## Details and Requirements

This 6 - 9 hr. course designed for the beginning paddler has no prerequisites. Course is designed for group participation in a suitable flat-water environment such as a lake, cove, pool or similar protected water.

**Basic Equipment** includes a properly outfitted kayak or canoe with paddle and appropriate safety equipment including PFD, spray skirt, paddle float, pump or bailer and sling. This equipment will be provided for the beginner, although it is best to use your own equipment if available. Please advise us on any equipment you may need prior to the class.

**Personal Equipment** recommendations include clothing suitable for immersion (synthetics, no cotton) and water shoes (no open-sided sandals). The student should come prepared for brief periods of immersion while practicing certain skills. Some students prefer to use nose-clips, earplugs, and/or swim goggles during immersion – all are acceptable, though generally not required. Other items of personal responsibility include: sunglasses, sunscreen, hat with visor, bug repellent and spare (dry) clothing. In cooler weather or on windy days a wind breaker may also offer comfort.

**NOTE:** We are not responsible for lost or damaged personal items. Plan to leave electronic keys, cell phones, etc. on shore or in a floating, waterproof container. Consider retention aids for prescription glasses, hats and other items dear to you.

## Special Requirements

Please bring your desire to have fun and a spirit of adventure. In order to best serve you please advise us of any personal issues when registering so that we can prepare in advance for special needs or equipment. Let us know in confidence of any medical issues prior to the start of class. We can accommodate most concerns.

## Costs and Fees

Class Fee	Boat and Gear Rental	CTPC Participation Card
Inquire	Available, inquire	Available on request