

ACA Coastal Kayak Basic Open Water Skills

Thoughts

We want to be ready for more challenging conditions, should we choose or should they arise. This course will increase efficiency, fluidity, and control. We will get comfortable with edging, leaning and bracing and develop our supportive strokes to improve confidence in waves and chop.



Prerequisites: ACA Level 3 Coastal Kayak courses or Level-3 or higher skill certificate.

Next Steps: *ACA Level 4 Skill Assessment, Coastal Kayak Rough Water Maneuvering, Towing and Rescues*

Topics Covered

We will refine our forward and reverse strokes, sweeps, beam draws, bracing and rudder strokes. We will add hanging draws, brace and rudder turns and other combined strokes. We will expand our tool box of recoveries and add complicated towing configurations. Seamanship skills include using wind, waves, currents and understanding basic navigation.

Details and Requirements

This 8 -12 hour course, designed for the committed paddler, has ACA Essentials of Kayak Touring as its prerequisite. Participation may be documented with an ACA registration card with advanced request. Course is planned for group participation in a suitable environment such as a bay or similar water with suitable conditions.

Basic Equipment includes a properly outfitted kayak or canoe with paddle and related safety equipment including PFD, spray skirt, paddle float, pump, and sling. This equipment will be provided as needed, although it is best to use your own equipment, if available. Please advise us on your equipment needs 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 frequent immersion while practicing 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 windbreaker 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 a desire for serious fun and a spirit of adventure. In order to best serve you please advise us of any personal issues when registering. 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	ACA Participation Card
Inquire	Available, Inquire	Available