

# ACA Coastal Kayak Strokes & Recoveries

## Thoughts

I know I like paddling, now I need more advanced skills to feel more capable on the water. This course will give confidence in our boat and abilities, and help make our paddling look and feel easy and relaxed.



## Prerequisites: None

**Next Step:** ACA Level-4 Classes or specialized training such rolling.

## Topics Covered

This class is designed to build skill sets needed for basic coastal kayaking in moderate conditions. We cover basic and intermediate coastal strokes and braces, various deep-water rescues and develop fundamentals of boat control in coastal conditions.

## Details and Requirements

This 4-8 hour course designed for the intermediate paddler has no prerequisites. Course is planned for group participation in a suitable flat-water environment such as a lake, cove, or similar protected water.

**Basic Equipment** includes a properly outfitted kayak or canoe with paddle and related 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 your equipment needs before 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 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 your desire to have fun and a spirit of adventure. In order to serve you best please advise us of any personal issues when registering so that we can prepare in advance for special paddling equipment. Let us know in confidence of any medical issues before the start of class. We can accommodate most concerns.

## Costs and Fees

### Class Fee

Inquire

### Boat and Gear Rental

Available, Inquire

### ACA Participation Card

Available on request