

ACA Intro to Kayak or Canoe

Thoughts

I think I have a commitment to paddling, how do I really know? What is the best boat for me? How to I use the safety gear I have? This class offers details for new paddlers that support decisions on commitment, gear and further development.



Prerequisites: *None*

Next Step:

ACA Level 1 Skill Assessment or ACA Level 2 Skills Class in Canoe or Kayak.

Topics Covered

We will cover the standard ACA curriculum including broader equipment needs, car topping, and considerations of wind, waves and weather. We provide training in basic strokes, maneuvering and stability including forward, reverse, stopping, side draws, rudders and bracing for boat control. Safety components include capsize, boat-swim, and assisted and unassisted deep water recoveries.

Details and Requirements

This 4 - 6 hour course designed for beginning paddler has no prerequisites. Participation may be documented with an ACA registration card with a nominal fee. Course is planned for group participation in a suitable flatwater environment such as 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. Some equipment can be prepared for the beginner though it is best to train in your own equipment. Please inform us in advance if you need equipment to take this course.

Personal Equipment recommendations include clothing for immersion (synthetics, no cotton), water shoes (no open-sided sandals. Other items of personal responsibility include: sunglasses, sunscreen, hat with visor, bug repellent and spare (dry) clothing. Protective clothing (wetsuit & paddle top or drysuit) may be needed in early spring or late fall.

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 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 accommodations. 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	Inquire	Available on request