

ACA Quick Start Your Kayak or Canoe

Thoughts

Is paddling for me? Will I enjoy the sport? Should I invest in a boat and equipment? What is the best gear to choose? This fast-paced, fun class will help answer these and other basic questions about paddling while providing basic skills to get you comfortable on the water.



Prerequisites: *None*

Next Step:

ACA Introduction to Kayak or Canoe:

Topics Covered

We will cover the standard ACA curriculum including basic equipment needs, safe carrying techniques, launching and landing of the boat. We provide training in basic strokes including forward, reverse, stopping and maneuvering in order to control the boat. Safety components include information on hypothermia, basic clothing and fundamentals of the wet exit.

Details and Requirements

This 2-4 hour course designed for the beginning paddler has no prerequisites. Course is designed for group participation or private lesson 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	ACA Participation Card
Inquire	Available, inquire	Available on request