

CTPC Canoe or Kayak Strokes & Rescues

Thoughts

Never been in a boat 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. CTPC Beginning Kayaking is recommended for best results.

Next Step:

ACA Level-1 Intro to Kayak or Canoe or ACA Essentials of Kayak or Canoe Touring.

Topics Covered

This course combines elements of ACA Quick-start and CTPC Rescues. We will cover some basic strokes for maneuvering (forward, reverse, stopping, and sweeps) and then move directly to practice basic rescue recoveries.

Details and Requirements

This 3 – 6 hour course, designed for the beginning paddler has no prerequisites. The course is planned 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 with paddle and related safety equipment including PFD, spray skirt, paddle float, pump and sling. This equipment can 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 frequent periods of immersion while practicing rescue skills. Some students prefer to use nose-clips, earplugs, and/or swim goggles during immersion – all are acceptable, but should be rigged to avoid entanglement. 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 a commitment to serious 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	Not Applicable