Basic Sea Kayak Strokes and Rescues 2-Day Course

Pick Your Date

HERE’S WHAT TO EXPECT:
A safe and fun introduction to the sport of coastal kayaking. The course is designed to prepare paddlers to comfortably and safely paddle on protected, flatwater environments with conditions not to exceed 1-foot seas, 10 knot winds and be no more than 1/2 mile from shore. You will be actively involved and learning about sea kayak equipment, paddling techniques, on water safety and rescues.

WHERE: The class meets from 9am - 3pm each day at the UMD Boat Shed on Park Point. Directions: Arriving in Duluth taking I-35 North, take exit #256B towards Lake Ave - go 0.5 mi, turn Left on W Commerce St - go 0.1 mi, turn Right on Lake Ave, go over the lift bridge, turn Right on 15TH ST S, turn Right on St Louis Ave (T in front of armory), we are next to the armory.

COURSE INFORMATION: This is a physically demanding class, please eat a healthy breakfast pack a lunch and drink plenty of fluids. You will spend the day paddling and swimming in Lake Superior and the Duluth Harbor.

EQUIPMENT: The weather in Duluth can be particularly wet and cold, learning kayaking skills is a getting and being wet process. Please bring the following equipment; Swimsuit & towel, filled water bottle, sunglasses, eye glasses strap, sunscreen, warm hat that covers your ears, sun hat, notebook & pencil, lunch, fleece long sleeve top or wool sweater, footwear - 1 thin and narrow soled pair of shoes to get wet, i.e., neoprene booties, teva style sandals, tennis shoes, etc, synthetic long underwear top and bottom / no cotton, warm jacket.

WE PROVIDE: We provide kayaks, paddles, lifejackets, wetsuits and accessories

Call to arrange dates for small groups.
$195/person (2-3 people)
$170/person (4-6 people)

Explore More with RSOP:
• Stand-Up Paddleboarding
• Adventure Sport, Beach Recreation Day
• Whitewater Kayak Courses
• Whitewater Canoe Courses
• Rock Climbing on Minnesota’s North Shore
• Rock Climbing Wall
• American Canoe Association Instructor Certification Workshops
• Climbing Instructor Certification and Training Workshops
• Summer Youth Adventure Camps

General Information and Registration
Phone: (218) 726-7128
Fax: (218) 726-6767
Email rsop@d.umn.edu
Website www.umdrsop.org

Sea Kayaking Information
Call Pat Kohlin at 218-726-8801

The Real Classroom Is Outside...Get Into It!
Course Content:
• Welcome & introductions
-Introductions & Expectations
-Health & liability forms
-Student & instructor expectations
-Environment-underwater learning
-Physical-flexibility, fatigue
-Emotional-fears
-Cognitive-information overload
• Equipment orientation
-Personal clothing & gear
-PFD’s, wetsuits & sprayskirts
-Safety equipment
-Kayak nomenclature & terminology
-Boat design
• Boat fit & adjustment
-Boat/body weld
-Individuals get sized to boats
• Carrying kayak to and from water

• Demonstrate & practice wet-exits
(one-on-one supervision by instructor)
• Boat control/stability exercises
• Paddle orientation
-Parts & design
-Sizing, indexing, relaxed grip
-Feathered vs. non-feathered, paddle control
-Torso rotation & paddlers box
• Launching & Landing
- Proper entry & exit of boat from shore or dock

• Introduction to Basic Strokes & Maneuvers
-Sweep strokes (forward & reverse, spins)
-Forward touring stroke
-Reverse stroke & stopping
-Draw stroke

• Lunch Break/Discussion 45 Minutes

• Group Safety Talk/ Paddling as a group
-Signaling & safety devices discussion
-On-water hazards
-Weather, wind & wave dynamics
-Listen to NOAA weather radio
-Discuss current wind speed & direction
-Discuss maximum limits for beginners
-Group signals
-What to do in the event of an emergency

• Afternoon Tour
- Continue to develop good forward stroke technique
- Discuss & practice course correction techniques for windy conditions

Objectives: Participants will learn how to:
1. Properly fit & adjust their kayak for effective control and comfort
2. Safely portage their kayak to the water
3. Attach their sprayskirt
4. Properly & safely enter and exit there kayak from shore
5. Safely & effectively wet-exit their kayak
6. Demonstrate proper use & control of the paddle
7. Perform basic strokes and maneuvers
8. Perform a T- and Paddle Float Self Rescue
9. Be oriented with essential safety equipment
10. Understand the importance & influence of weather and tides on the coastal kayaker
11. Identify marine hazards & safety concerns and explain strategies for dealing with them
12. Demonstrate an understanding of some basic Rules of the Nautical Road
13. Understand personal limitations and skill level
Directions to UMD Outpost/National Kayak & Canoe Center

**From the south** take the Highway 210 exit and drive east to Carlton. Continue straight for 1 mile on Highway 210.

**From the north** take the Scanlon exit and turn left on County Road 45. Drive south to Carlton and turn left on Highway 210. Go 1 mile east on Highway 210.

Follow directions to UMD Boat Shed and then continue south on Minnesota Ave to the far south end of Park Point. Park in the lot just south of the volleyball courts.

Directions to Adventure Sport Beach Recreation Meeting Site
Take Interstate 35 north into Duluth and go right at the Lake Avenue/Canal Park exit. Turn left in front of the Iron ore boat and right at the next stoplight. Drive into Canal Park and over the Lift Bridge. Continue on Minnesota Avenue to 15th Street and turn right. The Boat Shed is the brown building adjacent to St. Louis Bay.