



Level 2: Sit-On-Top Surf Kayaking (Sample Skills Course)

Course Overview: The **Sit-On-Top Surf Kayaking** course emphasizes safety, enjoyment and fun of surf kayaking. The course introduces and trains paddlers in the basic elements of surf kayaking techniques and ocean safety considerations.

Course Objectives:

Safety – To learn and practice surf etiquette, self-rescues and rescues. : Enjoyment – To enjoy paddling opportunities and rewards of surf kayaking: Skills – To paddle a kayak in the surf zone safely.

Essential Eligibility Criteria (EEC):

ACA courses are open to all individuals who acknowledge the ability to perform the following essential eligibility criteria.

1. Breathe independently (i.e., not require medical devices to sustain breathing)
2. Independently maintain sealed airway passages while under water
3. Independently hold head upright without neck / head support
4. Manage personal care independently or with assistance of a companion
5. Manage personal mobility independently or with a reasonable amount of assistance
6. Follow instructions and effectively communicate independently or with assistance of a companion
7. Independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket*
8. Get on / off or in / out of a paddlecraft independently or with a reasonable amount of assistance*
9. Independently get out and from under a capsized paddlecraft*
10. Remount or reenter the paddlecraft following deep water capsize independently or with a reasonable amount of assistance*
11. Maintain a safe body position while attempting skills, activities and rescues listed in the appropriate Course Outline, and have the ability to recognize and identify to others when such efforts would be unsafe given your personal situation*

** To participate in adaptive programs, participants must acknowledge only the first six EEC listed above. Entry-level adaptive programs will involve teaching and practicing EEC #7-11.*

Course Prerequisites: None

Course Duration: 6 Hours



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Course Location / Venue: Flat Ocean beach with surf small (1-2 ft) wave conditions, < 10 knots off shore and flat water.

Class Ratio - 5 Students : 1 Instructor; with an additional instructor or qualified assistant the ratio can be 10 : 2

Succeeding courses:

Level 3: Essentials of Surf Kayaking

Level 4: Surf Kayaking

The following is a general summary of course content for the **Sit-On-Top Surf Kayaking** course. The content covered and sequence of instruction should be adjusted to best fit the participant's needs, class location and time allowance.

Course Content

Introduction, Expectations, & Logistics:

- Welcome, introductions, paperwork
- Student & instructor course expectations and limitations
- Course itinerary & site logistics
- Review waiver, assumption of risk, challenge by choice, medical disclosure
- About the ACA
- PFD policy (always wear on water)
- Appropriate personal behavior
- No alcohol / substance abuse
- Proper etiquette on & off the water
- Respect private property
- Practice Leave No Trace ethics

The Paddling Environment:

- Wind
- Waves
- Weather
- Water

Personal Preparation:

- Personal ability
- Swimming ability
- Water comfort & confidence
- Fitness, conditioning, and warm up
- Safe paddle and boat handling

- Safety and rescue considerations
- Personal equipment (reviewed by Instructor)

Safety

- ACA Safety Packet / AWA Safety Code Weather / Environment / Site specific / Hypothermia / Hyperthermia / Dehydration / Alcohol / Substance abuse / Regulations: access, private property, litter, etc / signals – whistle, hand, paddle.

Equipment

- Personal gear and fit, kayak carrying and transportation, surf kayaks – materials, types, outfitting and nomenclature, paddle: parts, length, hand position, blade size, shape, selection, PFD: types, fit, regulations, group gear: first aid kit, spotters, and location.



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Essential Paddling Skills: (Flat Water)

- Warm-up, forward, backward and stopping strokes, forward and reverse sweeps, edging, low brace, turning & steering – low brace turn, stern rudder, deep water reentry

Surf Zone Safety (At Beach)

Checking out the beach:

- Assessing surf conditions, surf zone dangers, rips, beach suitability, Break – type, height, wind effect, tide effect, Sets -- estimating height, and counting, Paddler / boat / paddling dangers at the beach and in the surf, Safety boater, throw rope, control of free boat and use of grab loops, swimming in the surf. Rescuing another swimmer, swimmer to swimmer

Surfing Skills/Techniques (On The Water)

- Surf area, beach positioning, setting boundaries
- Launching – using a rip, punching through waves, timing, outside the break, tackling the soup when paddling out, handling dumping waves, nerves!!!
- In the soup – bracing, side surfing, rolling with the soup
- Positioning – spot surfing, etiquette
- Capsize and wet exit – swimming in the surf, towing a swimmer
- Catching and takeoff – straight, angled, position
- Riding the wave – diagonal run, bottom turn

Conclusion & Wrap Up:

- Group debrief / Individual feedback

- Course limitations
- Importance of First Aid & CPR
- Importance of additional instruction, practice, experience
- Importance of appropriate level of safety & rescue training
- Demo advanced maneuver
- Life sport / Paddling options
- Local paddling groups / Clubs
- Handouts / Reference materials
- ACA Membership forms
- Course evaluation
- Participation cards

RESOURCES/ MATERIALS: to be passed out during course

- Handouts, Brochures
- Schedule of Events
- Conservation, local club brochures, etc.
- First Aid, Substance Abuse and PFD brochures