



Level 3: Essentials of Surf Kayaking

(Sample Skills Course)

Course Overview: The **Essentials of Surf Kayaking** course is designed for paddlers wishing to explore kayak surfing. The course introduces paddlers to the essentials of surf kayak technique and ocean safety considerations with an emphasis on fun.

Statement of Risk:

Paddlesports, including surf kayaking, possess inherent risks; attempting to eliminate these risks would jeopardize the essential elements of the activity.

Course Objectives:

- To expose students to the essentials of surf kayaking to include: strokes, surf etiquette, surf zone safety and self/assisted rescues.
- To promote the inherent enjoyment and rewards of paddling in the surf zone.

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.*



Level 3: Essentials of Surf Kayaking

(Sample Skills Course)

Course Prerequisites: None

Course Duration: 8 Hours

Course Location / Venue: Flat water venue and Ocean beach with surf less than 3ft., off shore winds less than 10 knots.

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

Succeeding courses:

Level 4: Surf Kayaking

The following is a general summary of course content for the **Essentials of 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

- Weather, Environmental Considerations, Site Specific Considerations, Hypo/Hyperthermia, Dehydration, Alcohol, Substance abuse. Regulations: access, private property, litter, etc.
- On Water: Signals (whistle, hand, paddle), Spotters, First Aid Kit. Cell Phone/Radio.
- Information Gathering



Level 3: Essentials of Surf Kayaking

(Sample Skills Course)

Equipment

- Personal gear and fit, kayak carry and transportation, surf kayaks, outfitting and nomenclature, paddles, PFD styles and fit, helmets.

Essential Paddling Skills: (on Flat water)

- Warm-up, wet exit, forward, backward and stopping strokes, forward and reverse sweeps, edging, low brace, turning & steering – low brace turn, stern rudder, deep water re-entry, power acceleration stroke

Surf Zone Safety (at Beach)

- Checking out the beach:
 - Assessing surf conditions-surf zone dangers, rips, beach suitability, other users,
 - 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, **T** (talk) **R** (reach) **T** (throw) **R** (row) **G** (go)

Surfing Skills/Techniques (on the water)

- Surf area, beach positioning, setting boundaries,
- Launching – using a rip, punching through waves, timing, outside the break, managing the soup and dumping surf when paddling out, comfort.

- In the soup – bracing, side surfing, rolling with the soup
- Capsize and wet exit – swimming in the surf, towed rescue
- Catching and takeoff – straight, angled, position, late take offs
- Riding the wave – Straight in, diagonal run, bottom turn, top turn, using the top half of the wave
- Etiquette

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



Level 3: Essentials of Surf Kayaking

(Sample Skills Course)