

SEA KAYAKING 4- Beyond the Marina

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(Instructor Course Outline)

Type of Kayak: Sea Kayak

Course Objective: To provide information by discussion and experiential activities with an aim toward encouraging participants to think for themselves and as part of a group, to take in their surroundings and to make safe and intelligent decisions on the water.

Duration: 2--four hour sessions
1--all day session near Leo Carrillo (approximately 8 hours)

Note: (1) The UCLA Outdoor Adventures Sea Kayak Program is not suggesting that completion of this course fully prepares a paddler for the breadth of conditions inherent on the open sea.

(2) This is a general outline. Weather conditions and/or student ability level may necessitate altering the order or manner in which specific skills are taught.

SESSION ONE (4 Hours)

LAND (in classroom)

1) Introductions:

- a) Who have you learned from in the past?
- b) What are your expectations of this course?
- c) What are your kayaking goals?

2) Outline of Course

3) Requirements for Outside Qualified:

- a) Pass Sea Kayaking 4 Class
 - i) attend each session
 - ii) demonstrate various practical skills
 - iii) Written Exam

Note: Passing this course qualifies you to rent kayaks and paddle with another qualified paddler within 3.5 miles of the Marina. *Not everyone is guaranteed to pass this class.*

4) THE ESSENTIALS PAGE

- a) Is there anything you would like to add to this page?
- b) Any questions about what's on page?

5) Scenario: One of your group gets sea sick at mile three during an eight mile day tour. There are eight on the tour. The conditions are good with slight rolling seas. What do you do?

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(Instructor Course Outline)

- 6) Team Paddling
 - a) Communicate
 - b) Designate a leader (Democracy has never worked at sea and never will) The leader can change
 - c) Know the skills of everyone you're paddling with, what are their strengths/weakness
 - d) Decisions are based on the performance of the least experienced or weakest paddler
 - e) Kayak in pairs, always within audible range
 - f) It's not that it's unsafe to paddle alone, only much safer if you don't. Safety odds are improved with three boats and stay that way until you reach 6 boats. 8 boats should be the limit in a group, after that sub-divide
 - g) When paddlers go off on their own it reduces the integrity of the group
 - h) If the weather gets worse, winds stronger, paddle closer together
 - i) Regroup as necessary
 - j) If you need to send for help, send at least two boats
 - k) Strongest paddler should be first to land and last to launch
 - l) Two closest boats should help with a rescue, the others hold position, not close enough to add to the problem
 - m) Assign the best paddlers in point and sweep positions
 - n) Float Plan--distance of trip
 - ↳ leave plan with responsible non-paddler
 - ↳ list destination and route
 - ↳ number of people in group
 - ↳ ETD and ETA
 - ↳ planned stops en route
 - o) Make sure you understand the plan
- 7) Review Communication Signals
- 8) Upcoming Water Activities
 - a) Continuous Stroke Evaluation
 - b) Fog Drill (Optional)
 - c) Unconscious Paddler Alert
 - d) Rescues (New & Old)

BREAK: Get Gear (Full Wetsuit)
Meet at Dock

WATER

- 1) Paddle out toward beach
--Paddling Form Evaluated
- 2) Stroke Corrections
- 3) Group decides on leader
 - a) Understand conditions?
- 4) Beach landing: No Surfing
 - a) reiterate any weak areas

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(Instructor Course Outline)

- 5) Fog Drill
 - a) Listen for the continuous whistle blast

LEAVE BEACH

- 6) Scenario: All-In Rescue
- 7) Paddle back to Dock

Note: Emphasis of day should be to get individuals to make decisions as a group.

LAND

- 1) Put gear away
- 2) Debrief
 - a) Questions/Comments about the day
- 3) Talk about next meeting
 - a) Read Handout on Tides and Hypothermia
 - b) Basic Navigation
 - c) More Rescues
 - d) Rough Water Work
- 4) Good-byes

DAY 2

FOUR HOUR SESSION

LAND (in classroom):

- 1) Questions from yesterday?
- 2) Outline for the day
- 2) Any additions or questions about THE ESSENTIALS PAGE
- 3) Discussion on Hypothermia
- 4) Tides and tidal currents: (in handout package)
 - a) Look at local tide condition for the day from photocopy and West Coast tide correction page
- 5) A few Basic Tools about Navigation
 - a) Look at Chart
 - b) Compass Rose
 - c) Heading with Parallel ruler
 - d) Ferry Angle

BREAK: Get Gear (full wetsuit)
Meet at Dock

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(Instructor Course Outline)

WATER

1) Students Critique Strokes

2) Paddle past Breakwall

3) Rescues in Swells:

(OLD) Paddle Float

T Rescue

T Rescue—Assisted

Note: If there are no swells, one person (not involved with the rescue) can push down on the bow or stern of the boats involved in the rescue(s).

4) Experiential Scenario: One of your friends is panicking in the water after doing a wet exit. You paddle up next to him, try to calm him down but he tries to grab your boat/you and climb onto your kayak. What do you do?

5) Rescue In Calm Water:

(NEW) Eskimo Rescue

Hand-O-God

Stirrup Rescues

6) Broken Paddle Technique (J-Stroke)

(Heading Back to the Dock)

7) Back at Dock

a) Swimming with Boat for Paddle

b) Aft Rescue Rescuing kayak turns into the wind and holds position. The swimmer gets on aft deck, staying face down, as low as possible; legs spread for stability; hold onto waist of paddler. If it's a short distance back to shore or to a drifting kayak the swimmer can hang off the bow of the rescuer with arms and legs wrapped around the hull, head off to one side. PRIORITY: get the swimmer out of the water-reduce chances of hypothermia.

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LAND

- 1) Put away gear
- 2) Debrief
 - a) Questions/Comments about the day
- 3) Handout Final Exam/A Few More Handouts
- 4) Outline the next meeting
 - a) Re-Group in classroom
 - b) drive to Leo Carrillo (students arrange carpool)
 - c) pack a Lunch for the day
 - d) More rough water work
 - e) On the water navigation
- 5) Good-byes

Day 3

LAND (at MAC)

(in classroom)

- 1) Itinerary for the day
- 2) Briefly talk about Navigation
- 3) Students arrange car-pools
- 4) Hand out directions

--Each student secures own gear, places it in the gear bags, which are then loaded on the truck.

--Make sure student has FULL WETSUIT.

--Load boats on trailer

LAND (at LC)

Unload boats

Analyze the environment; What do people notice?

Have different participants, at different times during the day, make decisions for the group

WATER

(2-3 hours on the water)

Beach Launch

Anchoring a Rescue--near (not right on top of) the surf zone or rock point.

Any procedures or drill that wasn't accomplished in the previous two classes

Paddle near open water current

Navigation exercise

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Scenario: Set up by instructor. Have your TA or privately ask a student to fall out of their boat, acting as if he/she were unconscious. Just have that person float there until the group reacts. How does the group react?

Paddle, Beach Landing

BACK ON LAND (LC)

Discuss unconscious paddler scenario

Load Boats

Drive back to the MAC

AT THE MAC

- 1) Put Gear Away
- 2) Regroup in classroom
- 3) Talk about the day; Questions/Comments
- 4) Hand out Take-Home Exam (must be returned to pass)
- 5) What's next: Upcoming Trips
 - TA position
 - Instructor Training Course
- 6) Course Evaluation by Students
- 7) Good-byes
- 8) Debrief with TA

SEA KAYAKING 4- Beyond the Marina

(for students)

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Type of Kayak used: Chinook

Course objective: To provide safety information by lecture and experiential activities so students can learn to travel safely in open ocean adventures beyond the Marina. Note: the UCLA Outdoor Adventures Sea Kayaking Program is not suggesting that completion of this course fully prepares a paddler for the breadth of conditions inherent on the open seas.

Duration: 2--four hour sessions

1--all day (approx. 8 hrs) session near Leo Carrillo

Note: This is a general outline. Weather conditions and/or student ability level may necessitate altering the order or manner in which specific skills are taught.

DAY 1- FOUR HOUR SESSION

LAND:

Introductions

To Pass Sea Kayaking 4 Class

1. attend each session
2. demonstrate various practical skills
3. Pass Written Exam

Note: Passing this course qualifies you to rent kayaks and paddle with another qualified paddler within 3.5 miles of the Marina. *Not everyone is guaranteed to pass this class.*

The Essentials Page

Team Paddling--

(strategies for safe paddling tours)

Safety Scenarios



SEA KAYAKING 4- Beyond the Marina

(for students)

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WATER:

Paddle to Beach
Fog Drill/Scenario
Stirrup or Sling rescue
Broken Paddle Technique–J stroke

LAND:

Questions/Comments
Talk about next meeting
Handouts
Good-byes

Day 2- FOUR HOUR SESSION

LAND:

Questions from last week
Itinerary for the Day
Talk about:
 Wind: With, Across (Beam Sea) and Into
 Fetch, Ferry Glide
 Weather and Waves
 Tides
 Rough Water Rescues

WATER:

Rough Water Rescue Drills
Safety Scenarios
Aft Rescue

LAND:

Questions/Comments
Talk about Next Week
Good-byes



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DAY 3- MAC AND LEO CARRILLO

LAND: (at MAC)

Itinerary for the Day

Briefly Talk about Navigation

Information getting to Leo Carrillo Beach

LAND: (at LEO CARRILLO)

Analyze the environment

Different participants to lead

WATER: (at LEO CARRILLO)

Beach Launch

Any procedures not completed from earlier classes

Paddle near open water current

Navigation Exercise

Anchoring A Rescue

Scenario

Paddle, Beach Landing

LAND: (at LEO CARRILLO)

Discuss scenario

Drive Back to MAC

LAND: (at MAC)

Regroup in classroom; talk about the day

Hand Out Take Home Exam

What's Next, Evaluations and Good-byes

