

**Alaska Kayak School's
Kodiak Sea Kayaking Skills Courses
3-7 September 2009**



Introduction and Purpose. Following the fun week we spent on Kodiak in July 2009, we're excited to return for a September event, 3-7 September. Returning students can take it to another level and new students (we've heard) can get in on the fun they missed in July. Thanks for the interest and enthusiasm, Kodiak and the Island Trails Network (islandtrails.org). Rob Avery (ACA Open Water Instructor and BCU Level 3 Sea Coach) is ready to come back and so is Tom (ACA Open Water Instructor and BCU Level 4 Sea Coach). We are offering a structured program from 3-7 September and may stay to offer more programs the next weekend as demand allows. Contact us ASAP with any questions, 235-2090, info@alaskakayakschool.com

Course Schedule

September '09 Kodiak September Sea Skills

Sep 3 - Coastal Instructor Development; 9 am - 4 PM

Sep 5 - Fundamentals 1 (intro) & Fund 2, tuning (intermediate); 9 am - 5 pm

Sep 6 - Sea Rescues 1 and 2; 9 am - 5 pm

Sep 7 - Nav and Open Water 1 and 2; 9 am - 5 pm

Sep 8 - ITN Trail work party

Sep 10th - Paddling in conditions (surf?) near town

Sep 12 - Parent-teenager sea kayaking skills

Sep 13 - Open Water day trip?

Sep 14-17 Upon Demand: Parent-teenager sea kayaking skills, Fundamentals and Fund tuning, rescues, navigation and open water, rough water paddling, Pool, evening tuning sessions and paddles, duplicate

courses for those that missed Labor Day and want more, we'll play it by ear.

Costs

1. ACA Development & Repair and maintenance sessions- FREE to July 09 students, daily course fees as below.

2. Other Courses:

A. July 09 Alumni: \$125/person/day with all gear (\$120 ck or cash); \$350 for 3 days (\$345 ck or cash). July alumni with your own gear pay \$105/person/day (\$100 ck or cash); \$285 for three days (\$275 ck or cash). July students ala Carte: \$115/day instruction, \$20/day dry suit, \$15/day sea kayak and gear; check/cash \$5 off each unit; \$110, \$15, \$10, respectfully.

B. New students - \$450/person 3 days all inclusive; \$165/day/person all-inclusive; \$155/day cash/check; New students with their own gear \$125/day/person (\$120 cash/check). New students ala Carte: \$125/day instruction, \$25/day dry suit, \$20/day sea kayak and gear; check/cash \$5 off each unit; \$120, \$20, \$15, respectfully.

Impromptu short courses and evening paddles priced per event, no more than \$55/person/event with all gear cash/ck; \$45/person if no gear needed.

Registration & More information: Register by phone @ Alaska Kayak School, PO Box 3547, Homer, AK, 99603, (907) 235-2090, or register online (online registration). E-mail: info@alaskakayakschool.com

Equipment provided (as needed): Sea kayak with waterproof compartments in each end, deck lines and end toggles, drysuit, paddle, skirt, pump, helmet, helmet liner, gloves, booties, towline.

Equipment needed: Sea kayak with waterproof compartments in each end, deck lines and end toggles, drysuit, paddle, skirt, pump, helmet, helmet liner, gloves, booties, towline. Lunch and drinking water, spare warm appropriate clothing and other personal effects in dry bags such as needed for a day trip in prevailing conditions.

Course Descriptions

1. American Canoe Association - Coastal Kayak Instructor Development

How do we learn? What are the stages of learning? What level of skills do we need to demonstrate for best student performance? What are the strokes and maneuvers we teach for sea kayaking? What is the best modeling technique for the skills we teach? What level of care and safety do we have to our paddling students? What is your base level of sea kayaking skill in relation to the ACA Coastal Kayaking Level System? What personal equipment do coastal kayaking instructors need to carry? What are the most important attributes of a paddling instructor? What are the hydrodynamics of a sea kayak, and how can we adapt our skills and performance to get the most out of our boats and paddles? What are the most necessary, effective, safe, and fun sea kayaking skills and maneuvers? What are the down and dirty mechanics of coastal kayaking skills and maneuvers? How does your body interact with your boat and paddle to achieve safe and effective performances? What is the best way to give students feedback? If you are interested in teaching paddling and developing as an instructor, or are interested in understanding more about how to learn and develop your paddling skills, you might enjoy this 2-day workshop. This is excellent preparation for taking ACA Coastal Kayaking Development Workshop and Instructor Certification Exam, coming to a waterway near you in 2010.

When: September 3, Thu, 9 – 4 PM

Where: Kodiak, Location to be announced

Pre-requisites: Kodiak Skills Symposium or other formal sea kayak training, or permission.

2. Fundamentals of Sea Kayaking I

Safe lifting and carrying, warm-up and rom before and after paddling, launching and landing, design-function and safety features of sea kayaks, safe wet exit, effective strokes and maneuvers, group awareness, and an introduction to sea kayak rescues, assisted and self.

When: September 5, Saturday, 9 – 5 PM

Where: Kodiak, Location to be announced

Pre-requisites: Can swim and follow verbal instructions, willing to capsize and learn/practice wet exit.

3. Fundamentals of Sea Kayaking Tuning II

Revisit flat-water sea kayaking skills and move your fun into open water, wind and waves. Refine your sweep stroke and edging skills, improve your forward paddling and control in wind and waves, learn and practice the bow rudder, stern rudder, side-slid (aka hanging

draw), draw on the move, low and high brace and bracing on the move. Paddle in wind and waves, and contemplate rock garden play session. Tune your rescues and towing.

When: September 5, Saturday, 9 – 5 PM

Where: Kodiak, Location to be announced

Pre-requisites: 09 Kodiak Skills Symposium, other formal sea kayak training, or permission.

4. Sea Kayak Rescues and Towing I

Lean and practice numerous variations of assisted and self-rescues in sea kayaks. Improve your strokes and maneuvers for more effective performance as a rescuer. Assisted rescues: t-rescue, yank rescue, scoop rescue, paddle float rescue, cowboy scramble, re-enter and roll with paddle float, and variations on towing (single tow, rafted tow, in-line tow, fan tow, push tow, carrying swimmers on your kayak and more)

When: September 6, Sunday, 9 – 5 PM

Where: Kodiak, Location to be announced

Pre-requisites: Can swim and follow verbal instructions, willing to capsize and learn wet exit.

5. Sea Kayak Rescues and Towing II

Review, and practice sea kayak rescues in conditions: wind and waves no more than sea state 3, risk management for challenging rescues, and more, included anchored tows and rescues. Take all your rescue and towing skills into conditions.

When: September 6, Sunday, 9 – 5 PM

Where: Kodiak, Location to be announced

Pre-requisites: 09 Kodiak Skills Symposium, other formal sea kayak training, or permission.

6. Navigation and Open Water Paddling I – Introduction

Basics of chart and compass, trip planning, tides and currents, marine weather, and more, including making a trip plan for the afternoon.

Classroom and theory in the morning is a set up for an afternoon group trip. Lay a bearing and set a course, follow bearing, group awareness and communication, risk management and more, such as the effect of wind and current on your paddling.

When: September 7, Monday, 9 – 5 PM

Where: Kodiak, Location to be announced

Pre-requisites: Can swim and follow verbal instructions, willing to capsize and learn wet exit.

7. Navigation and Open Water Paddling II – Application of skills

Review basics of trip planning and navigation, analyze the effect of tide and current on your trip plans, practice trip-planning skills and do a group trip in a more challenging setting, such as force 3 winds and sea state 3.

When: September 7, Monday, 9 – 5 PM

Where: Kodiak, Location to be announced

Pre-requisites: 09 Kodiak Skills Symposium, other formal sea kayak training, or permission.

Other programs possible by popular demand 9-16 September

8. Sea Kayak Maintenance and Repair – evening session (9 September)

9. Parent-teenager Introduction to Sea Kayaking – 1 day (12 September ??)

Wet exits and basics of sea kayak control and rescues, working as a team, roles of parents and teens in sea kayaking groups.

9. Sculling, bracing and rolling in pool – evening session (by arrangement).

10. Introduction to the Surf Zone in Sea Kayaks – 1 day (13 September?)

Waves and surf dynamics, safety in the surf zone, balance and bracing, safe launching and landing in surf, surf play in sea kayaks, rescues in the surf.

11. Paddling Sea Kayaks in Moving Water and tidal streams – 1 day (14 September?)

12. Evening Paddles near town (as time allows), evenings with no daytime programs.

13. Suggestions?? Write us and suggest a plan, if it's workable, we're excited about it. Or call Tom @ 907.299.0061, info@alaskakayakschool.com.