

Alaska Kayak School - Ocean Training Program			
PO Box 3547, Homer, Alaska 99603			
(907) 235-2090,			
www.alaskakayakschool.com			
A competent sea kayaker will be able to perform calm water skill			
in conditions: Force 4 winds (11-16 knots)			
Sea State 3 (waves and surf to 3.3 ft.)			
Tidal Streams of 2 knots			
Essential Sea Kayaking Skills for Calm Water			
1	Prepare to Paddle - plan. gear round-up, warm-up + range of motion work out		
2	Transporting Kayaks		
3	Where can you paddle?		
4	Knowledge of Design and Function of Modern Sea Kayaks - choosing a kayak		
5	Knowledge of Design and Function of modern sea kayaking equipment-choosing equipm		
6	Fit to a Kayak - adjust back, feet, seat, thigh-braces		
7	Posture in a Kayak, paddler's box		
8	Wet Exit with skirt, retaining gear, calm		
9	Launching and Landing without damage		
10	Efficient forward paddling		
11	Efficient back paddling		
12	Efficient stopping		
13	Spin the Kayak 360°		
14	Turn the Kayak		
15	Sweep Stroke		
16	Low Brace Turn		
17	Bow Rudder		
18	Steer the Kayak with a stern rudder		
19	Draw Stroke		
20	Sculling Draw		
21	Edging for Balance		
22	Edging to enhance maneuvering		
23	Low Recovery		
24	High Recovery		
25	Eskimo Rescue		
26	Eskimo Rolling		
27	Hanging Draw, Sideslip		
28	Sculling for Support		
29	Deep Water Rescues		
30	Towing and Contact Tows		
31	Personal Equipment		
32	Clothing		
33	First Aid Skills		
34	Planning and Navigation		