

Paddle Canada Basic Kayak Skills



Course Description

The one day (8 hour) Basic Kayak Skills program provides both knowledge and foundational kayak training to prepare you for short padding excursions in calm and sheltered waters.

With the successful completion of this course you'll be able to safely move a kayak, both on and off the water, as well as exit safely from a capsize. This program provides a great foundation for taking the Paddle Canada Level 1 skills course.

This program is ideal for beginner kayakers wishing to learn the foundational skills of kayaking, and hoping to gain the confidence to be able to enjoy local waters.

Course Prerequisites

No experience is required! If in doubt please contact us to discuss any concerns.

Course Content

This course is suitable for individuals who wish to paddle on calm and sheltered waters and become more confident and competent paddlers. There is an emphasis on learning and practicing physical kayaking skills, as well as knowledge relevant for planning and executing short paddling excursions including :

- Strokes (forward, sweep, draw, draw, low brace, and more)
- Wet-exits and assisted re-entries
- Simple Navigation
- Collision Regulations
- Risk Assessment
- Kayaking Resources
- Weather

What to Bring

In order to maximize success and comfort during the course, please bring the following:

- Wet suit or other clothing appropriate for paddling
- Sun protection (Sunglasses, hat, sunscreen)
- A complete change of warm clothing (no cotton, wool or synthetic are best)
- Rain gear
- Toque
- Water
- Lunch and snacks suitable for eating while on the water
- Pen or Pencil and a Notebook