

Kayaking Courses

Sea Starter Course

This two day course is designed to give you the fundamental skills and necessary to start sea kayaking safely on protected waters.

Our Instructor/Student ratio is 1:6, so you are assured of first class tuition and service. Our staff are patient and experienced outdoor educators who love to teach kayaking. At the conclusion of the course you will receive four hours* of free sea kayak hire valid for six months. A great opportunity to hone and consolidate your new skills!

Do I have to know anything about sea kayaking?

No experience is necessary. We ensure each paddler receives adequate attention so you stay within your comfort zone at all times.

Day 1

- Boat design
- Buying the right boat
- Efficient methods of turning and steering your kayak
- Efficient forward paddling techniques
- Stopping, reversing and making your kayak go sideways
- Effects of tides and wind
- Edging and leaning
- Wet exits.

Day 2

- Review and revise
- The low support stroke
- C-C motion / hip flick
- Principles of Eskimo rolling
- Self rescues, assisted rescues
- Towing methods involving two or more paddlers
- Trip planning and trip ideas
- Group management skills.

Why do I need to learn these skills?

Fatigue is a substantial risk involved in sea kayaking. Sea kayaking generally involves paddling over relatively long distances so efficient paddling techniques are vital to conserve energy. Sea kayaking involves being exposed to nature's beauty and power. The ability to rescue yourself and others is essential for safe paddling.

And also...

Planning and preparation. We examine minimum gear requirements, group management on the water, suitable conditions for safe paddling and great kayaking venues to start you off!

How much does it cost?

\$298 per person (\$200 if you have your own kayak)
 Visa and Mastercard available.

What does it include?

Sea kayak and accessories, safety gear and paddling jacket.
 Four hours FREE sea kayak hire (valid for six months)

Location?

37 Jetty Rd, Sandringham.

How do I enroll?

Submit a booking form and we will contact you to confirm and arrange payment. Please feel free to contact us if you have any questions.

* Complimentary hire must be completed in one session.



East Coast Kayaking Instructor: Peter Costello

When is the next Sea Starter Course?

Below are our planned dates for the 2009/10 season.

Days one and two do not need to be completed in one weekend. You can choose to participate on any Sunday (Day 2) listed below once Saturday (Day 1) is completed.

	Day 1 (Sat)	Day 2 (Sun)
2009	Sept 19	Sept 20
	Oct 24	Oct 25
	Nov 21	Nov 22
	Dec 12	Dec 13
2010	Jan 9	Jan 10
	Feb 27	Feb 28
	Mar 20	Mar 21
	Apr 24	Apr 25
	May 22	May 23

What gear do I need?

Wetsuit, thermals and footwear are recommended for the cooler months. Long John style wetsuits are ideal. Polypropylene thermals are a great idea for any weather conditions and provide an insulating layer close to your skin. Lycra rash vests are handy for very warm days. Neoprene booties, Texas or just an old pair of runners are fine on your feet. If you have trouble obtaining any of these items contact us and we will arrange hire.

What else do I need to bring?

Jumper (woolen or fleece), spare thermals and a raincoat for the cooler months. A hat, sunscreen, water bottle, lunch and snacks. Lunch and snacks are available at the Beach Café adjacent to the Kayak Shop. \$8 (coins) is required for all day parking at Sandringham.

Bayside Council residents are exempt from parking fees.

