

## Touring Kayak Class Overview

The purpose of the course is to have paddlers new to the sport or those with limited training become safe and effective touring kayakers.

**Safety** is the first priority and will be emphasized throughout the course.

The course outline will include the following:

1. Boat and paddle fit
2. Boat design and features
3. PFD's and safety gear
4. Discussion of the dangers and risks of paddling
5. Stretching and strength training for paddling
6. Loading, unloading, carrying and launching your boat
7. Basic strokes to make your boat go straight and turn when you want to
8. Advanced strokes for better boat control
9. Wet exits and on the water re-entry with self and assisted rescue techniques
10. Towing techniques
11. On the water signaling and communications
12. Group paddling strategies
13. Camping and expedition planning and packing
14. Inland and coastal navigation including compass use, chart reading and the basics of GPS navigation

The only other priority is for everyone to have fun and enjoy a weekend of paddling.

Lead Instructor: Jim Martin, ACA certified instructor in the Essentials of Kayak Touring.