

## **Sea Kayak Instruction**

### ***Certifications and Experience:***

ACA (American Canoe Assoc) Basic Coastal Sea Kayak Instructor certification

BCU (British Canoe Union) 3 star Sea Kayak Certification

Wilderness First Aid certification

CPR certification

Northwest Passage (Wilmette) instruction and guiding (two seasons)

Lincoln Park Boat Club instruction and guiding (two seasons)

### ***Training Offered:***

**Equipment Consultation** – what, how and where to buy.

**Beginner instruction** - Sea Kayaking 101 – customized based on need:

- Introduction to equipment (boats, paddles, spray skirts, etc.)
- Boat – lifting, making it fit, transporting
- Getting in and out (from beach, from dock, etc.)
- Wet exit and re-entry (assisted (T-rescue) and unassisted - paddle float re-entry)
- Stability and balance
- Paddling – basic stroke technique
  1. forward
  2. reverse
  3. stopping
  4. sweeps
  5. draws

**Intermediate instruction** – Sea Kayaking 102 - customized based on need

- Advanced Gear
- Bracing
- Carved Turns
- Eskimo roll
- Assisted rescues (Bow rescues, scoop rescues, hand of god, variations on T-rescues)
- Variations on self-rescues
- Surf - launching and landing
- Wind and weather
- Navigation

### **Instruction Rates:**

1 person \$40 per hour

Each additional person \$15 per hour.

Minimum 2 hours.

Equipment provided or bring your own.