



American Canoe Association Sit on Top Surf Kayak Course Outline

Purpose – The ACA Sit on Top Surf Kayak course emphasizes safety, enjoyment and fun of surf kayaking. The course introduces and trains paddlers in the basic elements of surf kayaking techniques and ocean safety considerations.

Goals: Safety – To learn and practice surf etiquette, self-rescues and rescues. : Enjoyment – To enjoy paddling opportunities and rewards of surf kayaking: Skills – To paddle a kayak in the surf zone safely.

Pre-requisites: None

Instructor Qualifications: ACA Sit on Top Surf Kayak Instructor – or higher

Duration of Course: 6 hours

Staffing: 4:1 with certified instructor, 8:2 with certified instructor and competent aid.

Location: Ocean beach with surf small (1-2 ft) wave conditions, < 10 knots off shore and flatwater.

Course content

Introduction and logistics (30 minutes, optional Video)

Welcome

Introduction of instructors and participants
Overview of course expectations and limitations
Logistics – Waiver/Assumption of Risk/Medical Form: class times, locations, regroup spots: site specifics
procedures: helmets: PFD usage: proper clothing: equipment: water: sunscreen: sit-on-top surf kayaks.

Safety (30 minutes)

ACA Safety Packet / AWA Safety Code
Weather / Environment / Site specific / Hypothermia / Hyperthermia / Dehydration / Alcohol / Substance abuse / Regulations: access, private property, litter, etc / signals – whistle, hand, paddle.

Equipment

Personal gear and fit, kayak carrying and transportation, surf kayaks – materials, types, outfitting and nomenclature, paddle: parts, length, hand position, blade size, shape, selection, PFD: types, fit, regulations, group gear: first aid kit, spotters, and location.

Essential Paddling Skills: (2 hours, on Flat water)

Warm-up, forward, backward and stopping strokes, forward and reverse sweeps, edging, low brace, turning & steering – low brace turn, stern rudder, deep water reentry

Surf Zone Safety (1 hour, At Beach)

Checking out the beach:

Assessing surf conditions, surf zone dangers, rips, beach suitability, Break – type, height, wind effect, tide effect, Sets -- estimating height, and counting, Paddler / boat / paddling dangers at the beach and in the surf, Safety boater, throw rope, control of free boat and use of grab loops, swimming in the surf. Rescuing another swimmer, swimmer to swimmer

Surfing Skills/Techniques (2 hours, on the water)

Surf area, beach positioning, setting boundaries

Launching – using a rip, punching through waves, timing, outside the break, tackling the soup when paddling out, handling dumping waves, nerves!!!

In the soup – bracing, side surfing, rolling with the soup

Positioning – spot surfing, etiquette

Capsize and wet exit – swimming in the surf, towing a swimmer

Catching and takeoff – straight, angled, position

Riding the wave – diagonal run, bottom turn

Conclusion & Wrap-up (30 minutes)

Debrief – personal feedback – possible goals

Further training /practice opportunities

Knowing your limitations, need for experience

Need for CPR and first aid training

Paddling options

ACA membership forms

Join local paddling groups/clubs, volunteer for events

Surf session planning

RESOURCES/ MATERIALS: to be passed out during course

Handouts, Brochures

Schedule of Events

Conservation, local club brochures, etc.

First Aid, Substance Abuse and PFD brochures