



## AMERICAN CANOE ASSOCIATION LEVEL 2: SIT-ON-TOP SURF KAYAKING

**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

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### **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