



FUNDAMENTALS OF SEA KAYAKING CLASS SCHEDULE

DATE/TIME

WHERE

WHAT TO BRING

LAKE RESCUE

Wednesday, 6:00-8:30pm*

NWOC

2100 Westlake Ave. North

LAKE SESSION

Thursday, 6:00-8:30pm*

NWOC

2100 Westlake Ave. North

LAKE SESSION

Saturday 9am-Noonish

NWOC

2100 Westlake Ave. North

DAY TRIP

Sunday, leave Seattle 8am

Off water 3:00-3:30

Return by 6pm

DECEPTION PASS AREA

Meet at put-in 9:45am

For Lake Sessions:

Synthetic shirt, pants, and socks for under the drysuit. More info on appropriate

For Deception Pass Trip:

Same synthetic clothing from above, lunch and water, hat, sunscreen, spare warm clothes for after class. More info on what to bring below.

IMPORTANT: To park at Deception Pass you will need a Discover Pass. Passes are \$10 for a day or \$30 for a year. To purchase or for more information: <http://discoverpass.wa.gov/>

For under a drysuit: A synthetic/quick dry top and bottom. Fleece or wool are great options, as well as polyester or nylon blend clothing. For Example, hiking and workout clothing is often synthetic and quick dry. Under your booties or boots, wear synthetic or wool socks.

Other useful items:

-If you wear glasses, wear a retainer strap (chums/croakies), we sell all kinds, including floating models

-sunglasses, sunscreen and lip protector

-baseball caps are good for reducing reflective glare or keeping the rain out of your face

-bring your lunch and water and other goodies in a small bag or drybag

For the outing on Sunday, the instructors will haul NWOC kayaks and equipment, students will meet at the put-in, usually at 9:45am. The exact place and time will be announced at class on Saturday.

SUGGESTED READING MATERIAL

You will benefit from reading a bit before your class. It will answer some basic questions and raise a few more. These and many more are available at NWOC:

SEA KAYAKING ILLUSTRATED by John Robison, or **THE SEA KAYAKERS HANDBOOK**, Shelley Johnson. Lots of good, basic kayaking info, including strokes, rescues, navigation, currents, etc. **FUNDAMENTALS OF KAYAK NAVIGATION** by David Burch. If you want to learn about navigation, this book is for you. He covers navigating in fog, darkness, traffic, how to predict and handle currents, and much more.

Northwest Outdoor Center 2100 Westlake Ave N Suite 1 Seattle, WA 98109

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COURSE CONTENT

Watch these YouTube videos to help you grasp the concepts of what you will be doing during the class. There is nothing overly complicated, just a matter of understanding a few basic techniques.

Exiting your kayak upside down: <https://youtu.be/9lD0JagMnLs>

Rescuing others: <https://youtu.be/ZDqjye955e0>

Rescuing yourself: <https://youtu.be/D8fGu7EdhPc> **Scramble Self Rescue:** https://youtu.be/wZLTtk_TbKE

Edging Your Kayak: <https://youtu.be/JjvWhQSmFRl>

Current Concepts 1: <https://youtu.be/77FbhxDlI-Q>

Current Concepts 2: <https://youtu.be/VqdkAU4dG6s>

Towing Techniques: <https://youtu.be/PwyYrr7NO7A>

For Deception Pass Currents:

https://tidesandcurrents.noaa.gov/noaacurrents/Predictions?id=PUG1701_33

Some great apps for real-time current flows and speeds:

<https://www.deepzoom.com>

[PNW Current Atlas for graphical current planning](#)

[Windy.com for wind directions](#)

LAKE SESSION 1: RESCUES AND BEGINNING BRACING SESSION

- Explanation of rescues and rescue gear: PFD, Pump, Paddle Float, and Sling
- Wet Exit (falling over and getting out of your boat)
- Paddle float self rescue
- Assisted "T" rescue
- Bracing strokes to prevent capsize
- Draw stroke to assist in rescues

LAKE SESSIONS 2 & 3

Learn and practice:

- Forward stroke, back (stop) stroke
- Sweep Strokes, forward and reverse
- Boat Tilt (edging), Bow Rescue

Review and Practice:

- Low Brace, sculling low brace
- High brace, static and sweeping
- Draw stroke, regular and sculling
- Rescues

YouTube VIDEO AND HANDOUT

Introduction to Currents:

- The difference between Tides and Currents
- Current Tables and Guides
- How to find and figure the current information for your destinations
- How to figure currents for any time of day
- How to figure the Time and Duration of Slack
- Wind/waves against the current
- Paddling into the current using eddies
- Crossing the Current 3 different ways

SUNDAY DAY TRIP

Time to put it all together! Your basic, enjoyable saltwater day-trip, with some current activity and practice. Under controlled conditions, we'll spend time going against the current, crossing the current, riding with the current, and putting your new current prediction skills to use. We'll also have time for some flatwater sightseeing and rescue practice.

Class fee due at signup to hold the spot(s). Refundable up to 14 days prior to class.

Class fee includes Drysuit rental for all 4 class days.