



## Course Details

**Course name** *Initial Paddling Skills*  
**Date** *As booked and confirmed*  
**Location** *Peppermint Grove, Cnr Esplanade & Keane St*  
**Start time** *Please be ready to start at 9.00am*

**Course leader** *David Stevens*  
**Contact No** *0411 885 052*

**What to bring** Clothes suitable to paddle in that can get wet

- Bathers and Rashie or thermal top
- Neoprene or quick dry shorts
- Light river shoes or old sneakers
- Light jacket if weather is cool
- Cap and sunglasses secured by a strap
- Water and sun block
- Towel, dry change of clothes, bag for wet items, and
- Drinks, lunch, or money to buy refreshments at kiosk

**Format** The day begins with an introduction to various items of paddling equipment, and gets you fitted into a suitable kayak and safety gear. A briefing covers the essential safety rules. Then the lessons progress to the water in three sessions covering:

- Correct craft entry and balance skills
- The use of correct muscle groups for paddling
- The correct way all strokes are performed
- The forward stroke
- Several turning and maneuvering strokes
- Capsize and safe exit drills
- Deep water rescues
- Support strokes to prevent capsize
- Steering strokes
- And many other useful paddling skills

The day is an enjoyable and challenging day, with several fun elements to help you learn. If time permits, a short tour on the Swan River can be included. Time is available during the lunch break to discuss safety considerations when paddling, and places where you can obtain paddling equipment.

A course certificate covering the skills learnt is issued to attendees

The day normally finishes around 4.30pm.