



Course Details

- Course name** *Introduction to sea kayaking*
Date *As booked and confirmed*
Location *Day 1 – Keanes Point Reserve, Peppermint Grove, Cnr Esplanade & Keane St*
- Start time** *9.00 am*
- 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
- Other items
- Water and sun block
 - Towel, dry change of clothes, bag for wet items, and lunch, or money to buy refreshments at kiosk
 - Any paddling equipment you have that is suitable for sea kayaking, eg sea kayak, paddle, spray deck, PFD, etc
 - Folder for handouts and pen and paper for notes
- Format** The morning session on day 1 begins with an introduction to various items of sea kayaking equipment, and then progresses to cover essential knowledge you must have for sea kayaking in relatively easy undemanding conditions. Topics covered include trip planning, ocean and tides, weather, navigation, safety rules, group management and many other areas of valuable information.
- The afternoon covers the essential paddling skills in a sea kayak. This session will be on the river, and covers the various paddling skills, safety and capsize drills, deep water re-entry and how to handle simple contingencies should they arise.
- Day 2, weather permitting, starting at 8.00 am, will be an easy morning ocean excursion in the area off the metro coast around Mindarie or another suitable location within reasonable distance from Perth. Details will be discussed on day 1.