

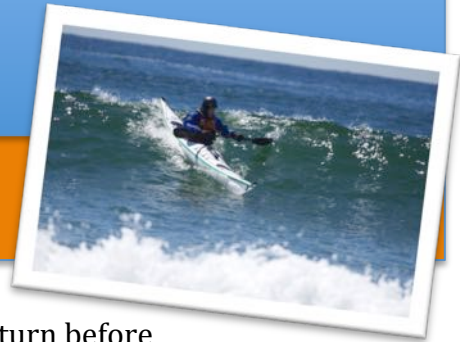


S K I L S

Program Information Package

Advanced Sea Kayak Surf Course

Program Description



Surfing a sea kayak with control is an incredible feeling. Dropping into a wave and doing a bottom turn before carving down the line and then sliding up into a nice top turn is possible in a sea kayak. This course is recommended for graduates of the SKILS Sea Kayak Surfing course, or for paddlers who have experience surfing a sea kayak, who are looking to add control and style to their repertoire. This Advanced Surf Course will focus on technical manoeuvres for long boats in surf and will include such topics as surf etiquette, beach and wave selection, surfing in a circuit, back-surfing, bottom and top turns, speed control, playing in the foam and endo's. Participants should be in good physical condition with prior experience in technical sea kayak surfing. A reliable rough water roll is highly recommended.

This course is taught in the Ucluelet/Tofino area. The classroom and beach spaces we will play in will be chosen daily depending on swell reports. However, participants are urged to book accommodation in the Ucluelet area to reduce drive times. If you are unsure if you qualify for this course please contact SKILS for an assessment.

Paperwork Checklist

Please use the following checklist to ensure you have received and reviewed all the required documentation prior to the program start date:

- ✓ Advanced Sea Kayak Surf Course package – please review
- ❑ SKILS Waiver – please sign with your instructor at the beginning of the program
- ❑ SKILS Medical Form – please bring a completed copy to your program
- ❑ Policy and Procedures Document – please review

Program Logistics

Prerequisites

- SKILS Sea Kayak Surfing Course, or
- Equivalent experience surfing a sea kayak, and
- A reliable rough water roll



Who Should Take This Course

This course is designed for paddlers who are looking to add control and style in the surf to their sea kayaking repertoire.

Class Size

A minimum of 3 candidates is required to run this program while the maximum group size we adhere to is 6. The limited class size helps to ensure a rich learning environment with many opportunities for one-on-one coaching and feedback.

Registration

To register for this program please contact the SKILS office at info@skils.ca. Payment in full is required at the time of registration, and can be made by interact, cheque, money order, credit card or cash. No refunds will be issued within 30 days of the course starts. Please review the SKILS Policy and Procedures document.

Accommodation and Meals

Participants are responsible for their own accommodation and meals. It is recommended that you stay in the Ucluelet area. Please contact us if you need accommodation recommendations.



Suggested Gear List

- ❑ Sea Kayak
- ❑ PFD with whistle and knife
- ❑ Paddle and spare paddle
- ❑ Sprayskirt
- ❑ Pump
- ❑ Helmet
- ❑ Tow line and other safety gear
- ❑ 15 m buoyant heaving line
- ❑ Immersion clothing
- ❑ VHF Radio
- ❑ Meals and water
- ❑ Program paperwork

Course Outline

This course starts with a morning session at the beach discussing topics that (may) include surf etiquette, beach and wave selection, personal risk, group care, and surfing in a circuit. An on-land session exploring boat control, stern rudders and bracing techniques are followed by their practical application in the surf. During the afternoon session participants may focus on bottom and top turns, speed control and playing in the foam. An evening session is planned for video and technique analysis. Participants are encouraged to bring a personal SD card and/or a camera (i.e. regular waterproof camera, camcorder or Go Pro) to gather footage during the course. On the second day we will focus on personal skill development with individualized progressions based on participants learning objectives and performance. Additional topics such as back-surfing and endo's will potentially be touched on depending on the group and the conditions. Time to develop new skills is an important aspect of surfing a sea kayak with control and is an integral component of this course.



Thank you for enrolling in our skills training program. If you have additional questions or concerns, please contact us. We look forward to playing on the water with you!