

ORGT Kayak Touring Beginner School: Instructor Notes

CLASS SESSION

Introduction Introduce folks, course format (class, pool, trip), handouts

Paperwork (waivers, med. cards, roster, \$)

Trip Info

- Meeting time, return time
- Equipment checklist
- Meals

Touring Kayaks

- Touring features (hull shaped for tracking, hatches, floatation, deck bungee)
- Terminology (bow, stern, cockpit, keel etc)
- Rudders (deployment, operation w foot pegs, when to use)
- Lifting / Handling (posture, toggles, deck lines)
- Boat fit (contact w/ boat - hips, knees, balls of feet, ankles slightly extended, posture)

Equipment

- Paddle (blade, shaft, feather, size)
- Skirt (fits person / cockpit, grab loop, wet exit)
- Paddle float, pump
- PFD (secure fit, wear them, don't sit on them)

Watch "What now" film about rescues

Make sure participants are swimmers!

Load Gear

- Make sure people get safety gear (pump and float) – give option of using PFDs
- Remove boats from cage, open rear gate to ORGT
- Proper lifting, get help
- Rinse boats, put extra gear in boats

"PORTAGE"

- Notify lifeguards via radio or "scout" that we're coming through the leisure pool door. Lifeguards to leisure pool can meet you at the door.
- Bring boats through leisure pool to Olympic pool. Set them on deck, preferably parallel to edge, and out of other users' way.

POOL SESSION (before getting in)

Swim Test

- Swim across pool and back without rest / touching bottom
- Tread water for 1 minute

Wet Exit

- Find grab loop, punch, roll forward – gravity will help you!
- Is anyone nervous? Need spotter?

Forward paddle stroke

- Grip (elbows should make right angle when paddle held horizontally over yr head)
- Hold **loosely**, allow left hand to slide, let blade enter water at proper angle
- Forward stroke (arms straight, rotate torso, stroke ends at hip)

Launching in a pool

Help each other, no seal launches

Pool Session (in pool)

Practice forward stroke

Wet exits

Repeat wet exit, “Eskimo” style (sweep hands, slap on hull) OR count to 10
Time permitting, practice righting boat off partner’s bow (Eskimo save)

Rescues

Rafting

Key Points for Teaching Rescues

Assisted “T”

Rescuer talks to swimmer
Swimmer pushes down on stern
Swimmer doesn’t lose contact w boat!
Boats arranged bow to stern
Swimmer “swims” chest onto rear deck

Paddle float self rescue

Touching the bottom is cheating!
Losing contact w/ your gear is failing!
Paddler swims onto rear deck
Left hand grasps both paddle shaft and cockpit combing
Left leg, right leg, then right hand contact paddle
Use of **stirrip** can assist those who have difficulty