



Above and Beyond Alaska, LLC
Alaska Boat and Kayak Center

www.beyondak.com
www.juneaukayak.com

Intermediate Kayak Class Orientation, Benefits, and Outline

ORIENTATION:

Purpose – This class is designed to provide intermediate kayakers with an additional set of paddling skills and rescue techniques to allow them to have greater confidence and safely paddle in moderate sea conditions. The class will teach people new skills, increase paddling confidence, and build on an existing foundation for continued improvement.

Time and Location – All of the intermediate classes, unless otherwise specified, are held at Auke Lake from 9am to 5pm. A 30 minute to 1 hour lunch break will be taken in the middle of the day.

Class Size and Ratio – All ABAK classes will have a maximum of 10 students and maintain a maximum instructor to student ratio of 1:5. The only variance to this is if a private class is scheduled with more than 10 students.

Essential Eligibility Criteria – In order to participate in an ABAK kayak class, each participant must meet the following criteria:

- Be able to independently participate in all individual skills and activities listed in the course outline while also maintaining an appropriate and safe body position
- Be able to hold their breath while under water
- While in the water wearing a properly fitted lifejacket, be able to independently turn from a face down to a face up position keeping their head above water
- Be able to effectively communicate with the instructor and other course participants
- Be able to manage all personal care independently, or with the assistance of a companion
- Be able to manage all personal mobility independently, or with the assistance of a companion

Class Prerequisites – Participation in a Beginner Kayak Class and/or ability to perform all of the following skills:

- Be able to control their boat using the following strokes: forward, back (or reverse), sweep, draw and stern rudder
- Be able to perform a wet exit with a spray skirt
- Be able to perform a self rescue using the paddle float re-entry technique
- Be able to perform an assisted re-entry using the T-Rescue or reenter and pump

Equipment Provided – Single or Double sit-in sea kayak with all the necessary paddling accessories (spray skirt, life jacket, paddle, paddle float, bilge pump, rescue sling). A dry suit and neoprene booties are also provided. First aid kit and cell phone in case of emergencies will be available in the instructors vehicle.

You Bring – Warm layers, food and water, a full extra set of clothing. Please plan on dressing as you would for a long, wet hike/paddle. Polypro, wool, or fleece is a must – **NO COTTON!**

Challenge By Choice – While ABAK encourages students to participate in all aspects of this class, each individual has the option to choose not to participate in certain aspects. In these instances it will be the student's responsibility to communicate their choice with the instructor.

BENEFITS AND DISCOUNTS:

- Learn new paddling skills and rescue techniques
- Meet potential paddling partners and learn about paddling options in the Juneau area
- Receive the following discounts:
 - 15% off on all in-stock retail items at our kayak shop in Auke Bay
 - 15% off a new kayak purchase (shipping not included)
 - Discounts on dry suit rentals (discount will vary depending on availability and duration of use)

CLASS OUTLINE

The following is a general summary of course content for the class with typical time schedule. The actual content covered and sequence of instruction will vary depending on the participant's needs/interests and time available.

9:00am – Introduction, Expectations, & Logistics:

- Welcome, introductions, sign waiver
- Student & instructor course expectations and limitations
- Course itinerary & site logistics
- PFD policy (always wear on water)
- Briefly discuss Leave No Trace ethics and expectation to follow them

9:30am – Review Equipment

- Kayak: types, anatomy, adjustments
- Kayak Accessories: paddle, life jackets, basic safety equipment (paddle float, bilge pump, rescue sling, partner, whistle, other)
- Additional equipment for day trips (i.e. food/water, layers, first aid kit, maps, radio, flares)
- Carrying kayaks
- Loading, unloading, and securing kayaks to/from trailers and vehicles

10:00am – Getting on the Water

- Launching from shallow water
- Body position/posture and balance
- Demonstrate a wet exit in shallow water, swim to shore and empty kayak

10:30am –Strokes and Maneuvers

- Review basic strokes: Stopping, Backward, Forward, Sweep, Stern Rudder, Draw/Sculling Draw
- Edging with strokes
- Blending basic strokes
- Sideslip
- Low Brace
- High Brace

Basic rescues such as the paddle float rescue, T rescue, and re-enter and pump will be practiced if/when participants capsize while practicing the above strokes and maneuvers.

12:00pm – Lunch

12:30pm – Prepare for Afternoon Session

1:00pm – Self Rescue

- Deep water wet exit
- Paddle float re-entry
- Paddle float re-entry with rescue sling
- Cowboy re-entry
- Re-entry and roll with paddle float

1:45pm – Assisted Rescue/Re-entry

- Scoop
- Hand of God
- Eskimo Bow Rescue/Buddy Roll Rescue

3:00pm – Introduction to Kayak Camping

- Pre-trip planning
- Equipment
- Tides and Weather
- Choosing sites and camp setup
- Leave No Trace camping
- Packing a kayak

4:45pm – Conclusion & Wrap Up:

- Discuss the Southeast Alaska paddling environment (wind, waves, weather, water)
- Discuss how to paddle/camp safe (go with others, use conservative judgment, continue practicing basic and advanced skills learned today, importance of additional instruction/practice/experience)
- Importance of having First Aid and CPR training
- Discuss paddling options (locations to go, paddling groups, renting, purchasing, etc)
- Group debrief and individual feedback