Open Water Event

Course outline Navigation Talk Preparation for inlet paddle Determination of eddies etc…  Crossing channels with current Standing Waves

* Discussion of Group Management in inlet
* Practice ferrying to buoy and back
* Circles in eddy
* Taking turns landing group through surf
* Demo of proper technique
* Beach Dynamics, launching landing
* Practice launching group
* Establishing a launching & landing drill
* Head out to reef
* Towing in swells
* Rescues in rough water
* Return back through inlet with incoming tide
* Practice surfing Inlet waves on way in   NEW – Video your Rolling” and de-brief

**Surfing Component**

* Launching & Landing
* Discussion of Different Wave Types
* Discussion of Beach Topography
* Discussion of Signals, from the “Beach Boss”
* Discussion of “Leveraging the Rip”
* Low Bracing / High Bracing
* Practicing Staying Up WITHOUT a Paddle
* Rolling or Self- Rescues in Surf Zone
* Safety Considerations in the Surf Zone
* Catching the wave (max 4 strokes)
* Trim, how we control our speed
* Stern Ruddering using the full body
* “Bongo” Surfing, why we DON’T like it
* Surfing Perpendicular to the Wave (Straight)
* Exiting the Wave, Low Brace Turn (Shed the Speed)
* Back Surfing…..WHAT !!!
* Surfing with paddle in One Hand / Then No Paddle !!
* Just in case ” Towing in the Surf Zone”
* Surfing with Eyes Closed, feel the Environment
* Emergency Procedures for Pending Crash
* Position of Boat / Body / Wave , if out of boat , if Helping in a Rescue
* End with some Video Taping

**Open Water Skills Level -4**

**Course Overview:** To refine and increase coastal kayaking skills for use in open water.

 **Course Objectives:** Participants will be introduced to:

The “J-Lean” and its uses, including edge control for maneuvering and correcting course, balance, bracing, and overall boat control
Refining the forward stoke and learning the side slip maneuver (static draw)
Performing assisted and self rescues in open water
Using compass to hold course and chart to fix location
Bow angle method of avoiding collision
Basic towing technique

 **Course Location**: Ideal teaching conditions are a protected cove for launching and landing and working on J-leans, stroke review, and maneuvering, with quick access to more open water and/or variable conditions for practicing rescues and short open water crossings. Waves should not exceed 2 feet; winds should not exceed 15 knots. Groups must be kept within 1 mile from shore.

**Onshore Discussion** (30 minutes)
Discuss the importance of the J-lean and its many uses. Explain why it is the single most important kayaking skill:

Balance
Edging (carving turns and correcting course)
Bracing and rolling
Control in wind and rough water
Surfing
Boat fit and adjustment
Boat/body weld
Foot brace adjustment
Review wet exit (make sure everyone can and has performed one)

 **Practice J-Leans and Maneuvers** (90 minutes)
Suggested exercises/progression:

Tilt boat side-to-side, keeping upper torso steady
Hold boat on edge, using balance; both sides
Paddle forward, lift paddle, lean boat, allowing it to carve a turn
Lean boat and hold on edge, while paddling forward
Lean boat, initiate turn with one sweep stroke, and paddle forward continuing the turn, while holding boat on edge
Practice sweep strokes with J-lean; lean boat toward working blade
Paddle in a large circle, using J-lean and sweep strokes to maintain turn
Paddle on a range (straight line), using sweep/lean corrective strokes to maintain course

**Refine Forward Stroke** (30 minutes)

Work on torso rotation
Work on keeping power phase well forward with a short stroke
Keep upper hand near eye level; do not drop upper hand toward deck
Side-Slip Maneuver, Using Static Draw (15-30 minutes)
Start with sculling draw
Introduce static draw position
Practice using static draw while moving forward

**On-Land Presentations** (60 minutes)
Excellent time for a “working lunch”

Compass use in low visibility (safety heading)
Chart Use to fix location
Bow Angle Method of avoiding collision
Brief on-land review of rescue technique

**Towing Procedures** (30 minutes)

Basic towing demonstration and practice
Standard one-on-one tow
Push tow

**Practice Rescues in Open Water** (60 minutes)

T-Rescue
Self Rescue (Paddle float)

**Skills Development Tour on Open Water** (60 minutes)

Continue to develop efficient stroke technique
Practice course corrections
Practice using ranges
Have fun

 **Conclusion & Wrap-up** (30 minutes)

Deal with boats and gear, get in dry clothes
Provide individual feedback, if possible
Group debrief on how course went/ questions
Explain what is next in the learning progression
Further practice on the water is essential
Course evaluation