

NSW SEA KAYAK CLUB - RnR 2016 – Training Program



Title	Based on	Comments	Level	Instructor	Numbers
Saturday MORNING 12/3/16					
Assisted rescues and Self rescue skills	Water	Know what to do when you capsize. Learn and practise the many techniques for safe & speed recovery for yourself and helping others in trouble.	Gr 1-3	Harry & Dee	8
Looking for Grade 3	Water	An honest and wet session of grade 3 skills you'll need on assessment day. A hit out with your peers as we paddle around Yacaaba Head to Bennetts Beach.	Gr 2	David Fisher	6
Manoeuvring Skills	Water	We will learn the strokes needed to keep the boat under control and common errors leading to wet exits.	Gr 1-3	Nick Gill	6
Skills based trip	Water	Skills training on the way to the Islands	Gr 2-3	Mark Sundin	6
Catching waves	Water	How to use the waves to get along. Maintaining direction and staying in control	Gr 2-3	Rob Mercer	FULL

Forward Stroke	Water	Pointers on an effective Forward Stroke. Never stop trying to get this right!	Gr 1-3	Rae Duffy	6
Surf Skills	Where Water meets land.	Surf skills. Training content depends on surf provided on the day.	Gr 1-3	Stuart Trueman	6
Sunday MORNING 13/3/16					
A Gentle Introduction to Rock Gardens	Water	Introduction and gentle exercises in mock rock gardens with some simulated wave action (dialled up according to participants comfort and skill level). A great session for developing your boat control skills in active water in confined areas. You will need to be wearing a helmet for this session.	Gr 1- low 2	Adrian & Nick	8
Towing	Water	Intro to rescues and towing	Gr 0-1	Karen	6
Trip to explore rock gardens and caves	Water	A training trip to paddle some simple rock gardens and a cave or two.	Gr 2-3	Rob Mercer	6
Trip/training/coffee cruise	Water	Venue and content depends on weather.	Gr 1-3	Sharon	6

Surf Skills	Where Water meets land.	Surf skills. Training content depends on surf provided on the day.	Gr 1-3	Stuart Trueman	6
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To express interest in a session or for further details contact Stu Trueman on training@nswseakayaker.asn.au.

Please, include your paddling grade. On limited number sessions first call first served. However, the organization reserves the right to exclude paddlers from sessions. Where not specified the session may be carried out in open ocean. All events will be subject to weather on the day.

Changes highlighted since the last version are highlighted in red.