Rock and Roll 2017 Training Schedule

Training			Where	Details	Location	Grade	Instructors	Numbers
Saturday		g						
Boat Handling Skills	AM		Water	For those relatively new to sea kayaking learn how to improve your boat handling and turning skills. These elements will set you up for all your future	Base: Beach opposite Caravan Park.	Gr 1-2	Karen Darby	6 to 8
Skills Based Trip	AM		Water	kayaking. This will be a skills training on the way to the Islands. Tell Mark what specific areas or skills you want to cover as you paddle to the Tollgates.		Gr 2-3	Mark Sundin	6 to 8
A Gentle Introduction to Rock Gardens	AM		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	Base: Beach opposite Caravan Park.	Gr 1- low 2	Caoimhin Ardren	6
Introduction to sailing	AM		Water	This session is for those that are relatively new to sailing or want some help to improve sailing technique. I will cover sail setup, skills required, safety and hints and tips. Bring your kayak and sail all setup ready to go.	Batemans Bay area between Base, Reef Point and Caseys Beach	Gr 2-3	Matt Bezzina	4 to 6
First aid training	PM	4 to 5pm	Land	Basic 1st Aid session relevant to all Kayakers given by an AC accredited sea leader and professional first aid instructor.	TBD	All	Phil McDonnell	
Rescue Challenge workshop	PM	2 to 3pm	Land	1hr session Workshop on rescue techniques	TBD	All	Rob Mercer	10 to 12 max 20
Rescue Challenge	PM	3 to 4pm	Water and Land	This session will be prefaced by a workshop on different rescue techniques. The challenge consists of mixed ability teams will perform rescues in a number of scenarios while racing against other teams, simulating 'real' situations. Each team will have a wide spread of skills from G1 to G3 and beyond. This is a great way to learn from 'experience' and try out what has been covered in the workshop. Spectators welcome to watch and learn as well e.g. those too tired to participate as everyone can learn from this session.	Caravan Park.	All	Rob Mercer	10 to 12 max 20
Navigation training session.	PM	5 to 6	Land	briefing for the following days activities	TBD		Adrian and Russ	
Sunday								
Exploring rock gardens and caves	AM		Water	A training trip to paddle some simple rock gardens and a cave or two.	Batemans Bay area between Base, Reef Point and Caseys Beach	Gr 2-3	Caoimhin Ardren	4 to 6
Surf Skill Basics	AM		Where Water meets land.	Surf skills for those new to paddling and new to surf, not paddlers approaching sea skills. Training content depends on surf provided on the day.	Base to any of the beaches listed on trips depending on conditions.	Gr 1-2	Dave Fisher	3

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