

\$75



FLATWATER KAYAK TRAINING COURSE WITH AMANDA RANKIN

**FEB
2017**

COURSE OUTLINE

TIME	EVENT
7:00am - 7:15am	Registration & Welcome introduction to the course. Housekeeping of & ice breaker
7:15 - 7:45am	Introduction to craft: • Selecting appropriate equipment • Set up • Care and maintenance Flat-water Safety: • Risk management • Appropriate clothing • Checklist - minimum items you'll need for an outing
7:45 - 8:00am	Rescue techniques: Self rescues Assisted rescues
8:00 - 8:15am	Basic forward stroke technique: • Explanation of good technique and why its so important • Posture • Synchronisation of leg drive and torso rotation • Different phases of the stroke
8:15 - 8:30am	Carry, load and transport your craft
8:30 - 9:30am	Basic Skills • Entry and exit from beach or pontoon • Bracing • Balance drills • Forward and manoeuvring strokes
9:30 - 10:00am	Capsizing and rescues
10:00am	Pack Up - Questions...

For bookings and enquires please e-mail
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