

Seattle Mountaineers – Sea Kayaking Basics Course Description 2012



If visiting some of the most dynamic places on the planet, bird watching or just slipping onto a lake after work with new friends interests you, then the Seattle Mountaineers Sea Kayaking Basics course is for you.

To participate in Mountaineers-sponsored kayak trips, you must be a graduate of this course or have received equivalency. However, no prior sea kayaking knowledge or experience is required to participate in this course.

The Seattle Mountaineers Sea Kayaking Basics course is limited to 48 students. Please review all course requirements before registering. No refunds will be made after the course starts.

Sea Kayaking Basics Course Description:

The Sea Kayaking Basics course is offered once each year, beginning in April, by the Seattle Mountaineers. Most of the instruction in this course is based on the principles developed by the American Canoe Association, and an increasing number of our instructors are certified by that nationally acclaimed organization. All instruction is offered in single sea kayaks with bulkheads or approved flotation. Single kayaks are required throughout the course, as kayak skills are best learned in singles.

Throughout a series of lectures and on-water instruction, the following topics are covered:

- 1) Equipment used in coastal kayaking.
- 2) Cold water - and how to dress for it.
- 3) Knowledge of the sea: weather, waves, tides and currents.
- 4) Safety at sea: charts, navigation, buoyage, communication and marine rules of the road.
- 5) Rescues and the importance of teamwork.
- 6) Paddling and maneuvering skills - the effects of wind, waves and current on boat behavior.
- 7) Physical conditioning.
- 8) Protection of the marine environment.

The Seattle Sea Kayaking Basics course is comprised of:

- three evening classroom sessions,
- one pool session,
- one deep water session
- two qualifying student paddles.

Seattle Mountaineers – Sea Kayaking Basics Course Description 2012



Estimated total cost for this course is \$250 to \$590, depending on whether you already own a suitable kayak (single kayak with bulkheads or approved floatation) and immersion wear. Immersion gear, typically a dry suit or a wetsuit with paddle jacket (at the trip leader's discretion), is also required for Mountaineers paddles.

A dry suit is mandatory for the Deep Water Instructional sessions (Deep Water Skills Session and Student Paddles).

All course requirements must be completed by August 31, 2012.

Seattle Sea Kayaking Basics Course Registration:

Please review the course dates carefully and confirm that your schedule will permit you to attend ALL activities. Make-ups are not possible. No refunds will be made after the course starts.

Classroom Sessions, held at The Mountaineers Clubhouse in Seattle.

Attendance at all 3 classroom sessions is required.

Class #1: Tuesday, April 10, 6:30-9:00 p.m.

Class #2: Tuesday, April 17, 6:30-9:00 p.m.

Class #3: Tuesday, April 24, 6:30-9:00 p.m.

Recommended Textbooks (purchase one, not both)

The Complete Sea Kayaker's Handbook, Shelley Johnson

Sea Kayaking Illustrated, A Visual Guide to Better Paddling, John Robinson

Pool Session, held at the Juanita Pool, Kirkland

Register online for ONE of three available Pool Sessions:

- Seattle Pool Session 1: Sunday, April 15, 8:00 am to 11:00pm, OR
- Seattle Pool Session 2: Sunday, April 15, 11:00 am – 2:00 pm OR
- Seattle Pool Session 3: Sunday, April 15, 2:00 pm – 5:00 pm

Ability to swim 50-yards without flotation is required. Students must have adequate physical ability to re-enter a kayak after capsize (instruction provided).

Instruction provided on kayaking wet-exits, self and assisted rescue techniques. Kayaks will be provided for this event.

Deep Water Skills Session: location to be announced in early January (full day session):

Register online for Deep Water Skills Session:

Seattle Mountaineers – Sea Kayaking Basics Course Description 2012



- Seattle Deep Water Skills Session: Saturday, April 21, 8:00 am to 4:00pm

ACA-certified instruction provided on paddling and maneuvering skills. Student demonstration of cold-water exits and kayak re-entries is required.

Payment/checks for kayak and gear rental for the Deep Water Skills Session will be collected during the first class session. Gear will be brought to the launch site for all students who need to rent a kayak and/or a dry suit package (see course fees outlined below).

Additional information will be provided in a Welcome letter you will receive after you register for this course.

Qualifying Student Paddle: Students must successfully complete the Deep Water Skills Session to qualify for the Student Paddles.

Two qualifying student paddles must also be successfully completed by August 31. One of these paddles will be arranged by your mentor group leader during the classroom sessions, the second paddle may be taken from any Seattle student paddles listed on the Mountaineers website.

The paddles will be a kayaking journey of a minimum 8 nautical miles, or 4 hours on the water. Instruction provided on paddling and maneuvering skills. Student demonstration of cold-water exits and kayak re-entries is required.

Qualifying student paddles will be posted on the Mountaineers website beginning in April.

Seattle Sea Kayaking Basics students must be completed all requirements through the Seattle branch before participating in any paddles or kayaking courses offered by other branches of the Mountaineers.

Kayaks and gear will not be provided on-site for student qualifying paddles. While the club will schedule some qualifying paddles at locations where rentals are available, it will be the student's responsibility to arrange for a rental for each trip. Students will also be responsible for transporting boats to and from the launch site if rentals are not available there. Immersion gear, typically a dry suit or a wetsuit with paddle jacket (at the trip leader's discretion), is also required for Mountaineers paddles.

All course requirements must be completed by August 31, 2012.

Seattle Mountaineers – Sea Kayaking Basics Course Description 2012



Seattle Sea Kayaking Basics -- Course Fees:

The total cost of the Sea Kayaking Basics course can range from \$250 to \$590, depending on whether you already own a single sea kayak and a dry suit. Also the textbook for this course is optional, but recommended.

Please review the course fees before in detail before registering for this course.

Course fee payable upon registration: \$250.

The course fee does not include kayak and dry suit rental for the Deep Water Skills and Sound Instructional sessions or the qualifying student paddle. See Kayak and Gear Rental fees (below).

Textbook: estimated \$20.

The Complete Sea Kayaker's Handbook, Shelley Johnson

Sea Kayaking Illustrated, A Visual Guide to Better Paddling, John Robinson

Textbooks are optional but recommended. Available at the Mountaineers Bookstore or online.

Additional Course Fees: Kayak and Gear Rental

(Rental fees listed below are provided by Kayak Academy and will vary depending on vendor.)

If you do not own a single kayak with approved floatation, or a dry suit, you will need to rent gear on 3 occasions. Cost of kayak and dry suit rentals is approximately \$100/day (\$300 for the course).

Dry suits are required for the Deep Water Skills Session and may also be required for the qualifying student paddles. Immersion gear is required for all Mountaineers paddles – for summer freshwater paddles, a wetsuit and paddle jacket may be appropriate – at the trip leaders' discretion.

Kayak Rental: Estimated \$62/day, including tax, required for 3 events.

Includes PFD, paddle, spray skirt, bilge pump and paddle float.

Dry Suit Rental: Estimated \$40 to \$50/day, including tax, required for 2, possibly 3, events.

Wetsuit Rental: \$15/day, including tax (may be an option for a summer freshwater paddle).

Seattle Mountaineers – Sea Kayaking Basics Course Description 2012



Fees for the Deep Water session gear rentals will be collected during the first class session.

No refunds of the course fee will be made after 5:00pm, March 29, 2012.

If you have any questions on the syllabus or course requirements, please contact SeattleMountaineers.SKBasics@gmail.com well in advance of the course start date.

Contact Information:

Any questions concerning the Seattle Sea Kayaking Basics course should be emailed to SeattleMountaineers.SKBasics@gmail.com.