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| **UNIT** | **Intro to Kayaking Orientation** |
| **Date** |  |
| Level | Novice |
| **Objectives** | **To provide novices the basic knowledge to the different genres of kayaking and of safety of paddling.** |
| **Safety** |  |
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| **Activities** | 1. **Introductions** 2. Who is KCKA 3. Mission/Code of conduct 4. Intro of group 5. **Difference between canoeing and kayaking** 6. **Types of Kayaks** 7. Recreational/exercise 8. Fishing 9. Exercise 10. Touring 11. Sea kayaks 12. Whitewater 13. Sit on tops 14. Inflatable 15. Tandem 16. Pedal kayak 17. Tandem 18. **Picking the right boat for you?** 19. What are you going to use it for the most? 20. Length-Tracking and steering (Rudders or a skeg) 21. Fit (can you lift it?) Cockpit size, 22. Comfort, seat, padding, (sit in a boat for 10 minutes) 23. Stability 24. Cargo capacity/Weight limit 25. Material-Plastic, fiberglass, wood, composite, kelvar 26. Skirting-Men wear them too! Types, needs 27. Paddles and picking the right one for the right boat 28. Type: Speed, whitewater, endurance, recreational, cost 29. Material 30. Weight 31. Length 32. Protecting your investment/what not to use a paddle for! 33. Paddle grips, strokes, forward, back, turn 34. Staying relaxed-Shoulders down, relaxed stroke   **SAFETY**   1. **Safety gear needed-** 2. Life jacket-NOT AN OPTION 3. First-aid kit 4. Hat-A paddlers personality! 5. Gloves or hand protection 6. Comfortable water wicking clothing- Prevent Chaffing 7. Specialized paddling clothing 8. Sunscreen 9. Sunglasses 10. Water 11. Food/snack 12. Throw rope 13. Whistle 14. Bilge pump 15. Paddle float/one person reentry 16. Compass 17. Night paddling: White light/glow stick/head lamp 18. Dry bag with extra clothes/rollover 19. Secure equipment 20. Proper foot protection: Neoprene, water shoes, sandals 21. Fire starter-Hyperthermia 22. **Safety Concerns of paddling** 23. Drink responsible-No different than driving a car 24. Types of entering and exiting a boat, identifying how steep the bank is and is the water moving. 25. Weather (wind, lightening, heat, cold), need a skirt 26. Currents-Rivers or lakes 27. Maps-planning 28. Float Plan-Letting people know where you at before you paddle 29. Self-Rescue-Practice upright boat, bilge,(paddle float, cowboy-back) 30. Strainers-logs, underwater objects, over-hangs 31. Wildlife-Snakes, spiders, jumpin fish 32. NEVER LEAN to the SIDES. 33. Practice, Practice, Practice 34. COMMON SENSE 35. Murphy’s law 36. **How to lift a boat** 37. **How to transport a boat and secure to vehicle.** 38. Rack types, Back of truck, trailer 39. Rope on Front (Always) 40. Straps/rope over top (tie ends) safety/scratcht paint 41. **Discussion about each style of boats and how they are outfitted and different terminology of each.** 42. **Question and Answer** 43. **Paddle Kansas books for sale** 44. <http://www.kansascanoe.org/> 45. **Thank you** |
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