

Adventure Dolphin Coaching Notes

Intermediate Course – Kayak

This should be considered as a similar skill level to the previous touring kayak award or the key skills of the three star white water kayak award and should lead to Personal Performance Awards

Course Dates.....

Lead Coach.....

Skill	Details	Completed on course so far:-			Notes about your sessions
		Introduced	Practiced	Competent	
Getting Ready	Introduction - participant involvement with session plan. Access and egress considerations. Clothing – appropriate for conditions. Awareness of group experience and expectations.				
Equipment	Boat selection appropriate to trip length and water conditions. Safety kit. Spare kit; food; drink				
Lifting and carrying	Safe manual handling.				
Environment	Understand paddling environment and hazards. Impact of flow and wind conditions. River etiquette (rules of road, other users, wildlife) Importance of group awareness.				
Launching	Different launch techniques from different launch areas. Avoid bank erosion.				

Forward Paddling	Consistent straight line paddling with absence of yawing over an extended distance (>500m). Use of major muscle groups (core/trunk). Posture. Connectivity- feet, knees, thighs, bottom, back rest. Power Transfer.				
Acceleration	Develop the ability to accelerate the kayak within 3 or 4 strokes.				
Turning on the move	Perform wide and tight turns maintaining momentum with a seamless transition between forward motion and turn. Sweeps, rudders (stern and bow), low brace turns. Effective use of trim and edging to aid turns. Utilise water flow to aid turn. Future water.				
Stopping	Short dynamic strokes to stop in 4 strokes. Stop from paddling forwards and reverse.				
Reverse Paddling	Be able to reverse 15 metres without the boat turning. Demonstrate an understanding of trim during reverse paddling.				
Sideways	Variety of draw strokes- feathered and sculling. Draw on the move. Introduction to hanging draw.				
Preventing a capsize	Balance point- use of body. Low recovery, high recovery. Sculling for support.				
Rescue	Controlled capsize and exit from boat without panic. Swimming to the bank with boat and paddle. Deep water rescue- know at least one method for:- Safe boat emptying How to get back into a boat.				

	<p>Be able to perform a rescue and be rescued by another paddler. Eskimo rescue (bow and paddle present). Assist a swimmer to shore. Demonstrate two different methods of towing a paddler in their boat with consideration of personal safety. Introduction to throwline.</p>					
Return to the bank	<p>Exit boat at a variety of different bank types (beach; high bank; landing stage)</p>					
Putting Away	<p>Check, Clean, Dry Return equipment ready for next user</p>					
Health	<p>Showering Care of wounds Water borne infections Hypothermia/Hyperthermia Sun protection Hydration and nutrition</p>					
Theory	<p>Coaches should consider discussing these topics:- Trip planning and journeying skills Access How to raise assistance in an emergency Navigation Non-Native Invasive Species and the Check-clean-Dry campaign</p>					
Review	<p>Encourage reflection on key learning Discuss what participants can change next time Discuss any trip opportunities with the club</p>					