



Advanced Sea Kayaking

After our Introductory Program many paddlers want to extend their skills and raise the level of challenge or experience while paddling. The Advanced program allows you develop and practice the required attitude and skills to be able to negotiate and work through the more critical conditions and situations that arise when planning and paddling more open water. We spend time understanding surf and big water environments and teach you how to handle your kayak safely and efficiently. More time on planning trips with contingency options built in when things don't always go to plan.

Meeting Point

The Sunshine Coast Sea Kayak Centre @ 8:00 am.

Located at The Wharf complex Mooloolaba.

There are many excellent places to practice our skills in the Mooloolaba region. We will spend most of our instructional sessions in the Mooloolaba Bay, before heading to the beach to run the majority of the program. We will access the ocean from Mooloolaba Beach, as this spot always guarantees us the opportunity to venture out in most conditions. The day begins at 8.30am and continues through to approximately 3.30 - 4.00pm.

Meals

Lunch will be providing on both days, accompanied with an assortment of refreshments. Please notify use of any special dirty requirements behind.

What to Bring:

- Swimwear & Towel
- Water Bottle
- Sunscreen & Sun Hat
- Sunglasses
- Water Proof Camera
(Optional)
- Appropriate Footwear
(Sandals with a back strap)
- You are more than welcome to bring any of your own safety equipment or Boat.

Cost of Program

\$250.00 per person for the 1-day program.

To secure your space we require a completed application / waiver form.

Course Outline:

Prerequisites: Competent Introductory level, Basic Skills level.

Bracing & Support Strokes

- ↳ High bracing in the waves
- ↳ Low Bracing in the waves
- ↳ Broach & sideways slide on wave with brace.

Surf Zones

- ↳ Practice: Surfing a wave into the beach
- ↳ Entering the beach on the back of a wave.
- ↳ Leaving the beach through the surf.
- ↳ Deciding the best place to land a kayak.
- ↳ Broaching & Bracing

Rolling

- ↳ Hip flick / Hip snap.
- ↳ Eskimo rescue
- ↳ Sweep Roll
- ↳ High Brace roll.

Pre Trip Planning

- ↳ Studying & Observing Coastal Sections.
- ↳ Identifying rips, gutters, surf breaks.
- ↳ Long Crossings