



Sea Kayak Tuition Programs ~ Introduction to Sea Kayaking ~

At The Aussie Sea Kayak Company we believe in putting the student's needs first. Every student comes to us with a new set of expectations and ambitions. *It is our mission to fulfil those ambitions.*

The Aussie Sea Kayak Company have been operating specifically tailored sea kayaking training programs for over 7 years and we have continuously demonstrated the highest possible standards in the delivery of instruction and possess the knowledge, skills and dedication to successfully guide you through your first strokes or prepare you for your next adventure.

Our programs cater to the novice, having never paddled a sea kayak before through to the skilled and experienced, to outdoor adventure leaders seeking professional development opportunities.

Our programs demonstrate the progressive nature of learning new paddling skills, gaining confidence and responsible attitudes along the way.

Completing the following program whilst participating in some of our extended tours will make you a safer and more confident sea kayaker.

The sea can be a bit scary at first. Developing self confidence in real conditions is the key to survival and enjoying your sea kayaking. The techniques are actually very simple. Having the confidence to stay in the kayak, relax and use them when needed is the hard part. Our painless and progressive instruction methods deal with this in detail.

"I have never kayaked before and would like to get into kayaking."

"I am thinking of buying my first kayak."

"I have kayaked before but would like to learn how to do it properly"

"I paddle quite a bit but have never had any formal training and would like to improve my technique"

"I want to be confident that I would be able to rescue myself or another kayaker in the event of an emergency"

These and many more statements form the basis for the development for our programs; we use our knowledge based on your requirements to provide you with the solutions you require.

Something to think about: "A responsible attitude to safety is paramount to sea kayaking. A respect for the sea is critical. And having the knowledge, experience and correct equipment to deal with situations that may arise is your only option." Ben W (international expedition leader and sea instructor)

Course Overview ~

This 1 day program has been designed to prepare and develop the fundamental skills and attitudes necessary to enjoy safe kayak touring for paddlers with limited or no experience.

This program aims to provide you with the introductory knowledge to enable you to evaluate and apply safety and planning principals with greater ability, confidence and awareness, in your initial journeys in ocean conditions with a competent leader or paddling companion. We give you a comprehensive insight into all facets of sea kayaking, from equipment selection through to navigation, and rescue scenarios.

The objective on completion of the program is to extend your paddling skills and safety assessment to a higher level of awareness, confidence and performance. To understand the potential impact an array of variables, conditions and locations may have on your paddling safety, comfort, ease and enjoyment and to assess their implication on your route.

To use these skills to build a sound foundation of effective paddling and route planning and give you the ability to use the processes and skills learned in actual paddling situations.

Class sizes are kept small (max. 3 students to an instructor) to ensure individual attention. A range of fully equipped sea kayaks are used to gain experience with different handling characteristics. Full catering is provided during the program to fuel the engine and wetsuits (most sizes) are provided to ensure warmth and comfort. All safety and kayaking equipment is supplied.

With effective instruction there is no sea kayaking skill too advanced for the beginner. The same techniques that apply in calm water also apply in advanced sea conditions (only better done with more practice and experience). Instead of teaching beginners to paddle like beginners, we teach you how to start using and developing sound techniques right from the start.

The course content is mostly practical - sea kayak paddling and rescue skills with some theory covering seamanship such as a working knowledge of weather, tides, trip preparation, and responsibilities. The courses are conducted on sheltered waters.

This program forms the perfect introduction to the fundamentals of sea kayaking required to enjoy fun and safe journeys and a solid foundation for the more intrepid adventurers.

Course Outline ~

Our fully qualified Sea Instructors will progress you through the following skills:

Equipment Orientation

Sea Kayak designs & Features
Essential Paddling Equipment
Required Safety Equipment & Selection Criteria
What to take & how to pack it.

Stroke Clinic ~ Basic Paddling Techniques

Paddle grip and orientation
Forward & Reverse strokes
Sweep Strokes
Stern Rudder
Draw strokes
Emergency stop

Steering Systems & Adjustment ~ Rudder Operation

When to utilise your rudder
Rudder/ foot peg and skeg adjustment
Steering techniques and fine tuning

Advanced Steering Techniques ~ Working Without a Rudder

J leans
Carve turns

Sea Rescue Fundamentals ~ Rescue Scenarios & Techniques

Wet exit capsize drills - with and without paddle and spray deck.
Straddle re-entries
Perform deep water rescues
Self Rescue (Unassisted Re-entry's) with Paddle Float & Stirrup rope
Assisted rescues - Renter and pump and "T" rescues
Getting started again after a rescue
Towing Systems overview
Scenario management

Support & Recovery Strokes ~ Survival Strokes

Low Brace
High Brace

Trip preparation ~ The Fundamentals

The Role of Navigation
Navigation preparation and equipment
Introduction to the influence Environmental Factors such as weather and tides have on your route selection
How to read & interpret tide & current tables
How to make use of tides, currents & weather conditions
Introduction to Nautical Charts, Topographic Maps & Navigation Aids & Hazard identification
Chart preparation and care
Sample float plan

Prerequisites ~

The only prerequisite is a sense of fun and adventure and a moderate level of fitness.

Swimming ability is essential, some previous kayaking experience can be of benefit but is not required.

* Must be over 15 years of age.

Getting There ~

We are located in the wharf complex, off Parklyn Parade, Mooloolaba (underwater World Complex). Our shop is situated next to the water.

The instructional program commences at 8:30am *sharp* and continues through to approximately ~ 4:00pm depending on the group's progress.

What to Bring ~

All associated kayaking and safety equipment is provided. Wetsuits are available if required. Meals are provided see "meals" section for details.

Swimwear & Towel

Water Proof Camera (Optional)

Wetsuit if you have one (dependant on the weather conditions)

Lightweight cycling gloves, can ease blistering if you are not used to paddling.

Sunscreen is an important inclusion, a full factor 30+ will ensure adequate protection, try to purchase a non greasy water resistant block out so it doesn't wash off or make your hands too slippery on the paddle. A lip protection stick is useful as well. Note: tan or coloured Zinc is not allowed as it stains all paddling equipment.

Small Dry Bag is handy to carry sunscreen, sunglasses, gloves, etc whilst paddling.

Appropriate footwear, wetsuit booties with a decent protective sole or sandals with a back strap, we recommend Teva Sandals for paddling, no thongs are allowed whilst paddling due to safety considerations.

Note: it is company policy to wear footwear at all times whilst on water.

Personal Water Bottle/ hydration bladder, every participant must bring a personal water bottle / bladder for use on the water, it is to be full and accessible at all times. It must be at least 1.litre minimum we usually recommend participants carry 2 of the 1 litre bottles (the type cyclists use are inexpensive and fine) or a 2 litre hydration bladder.

Note: bladders should be in a pouch to ensure they don't rupture or leak.

Sun Hat, a wide brimmed hat with a chin strap is essential. A hat with a stiff brim that will hold rigid in a breeze is ideal. Caps or visors provide little to no protection from the sun and its reflected rays that come from the water and we do not recommend their use.

Sun Glasses, the formidable Australian sun and it's the reflection off the water make sunglasses a must. We recommend you have a retainer cord so you don't loose your sunnies to the deep blue!

Please dress appropriately for the conditions as we do guarantee that you will get wet very often throughout the program and it is your responsibility to have clothing to suit the conditions.

We encourage participants to utilise their own craft and equipment to ensure that the systems and procedure practiced on the day are applicable to the craft you own. (Please enquire before booking as participants craft and equipment must be approved prior to the program as some craft and equipment are not appropriate)

Meals ~

Included in the program we will be providing morning and afternoon tea and a sumptuous lunch of your choice, accompanied with an assortment of refreshments throughout the day.

Participant will need to supply their own breakfast on the day

Menu items include:

Fresh coffee (cappuccino, flat white, macchiato, late) tea, soft drinks, fresh juice and bottled water.

Freshly cut rolls/ sandwiches, with your choice of filling;

(Roast chicken, ham, roast beef, freshly made vegetarian patties and a selection of five salads with you choice of condiments)

Also available are cake, doughnuts and side orders of crisp French fries only if you think you have really earned them!

Please note all items are made fresh and the menu items are flexible so if you have a favourite let us know and we will see what we can do.

Please notify us of any specific dietary requirements prior to the day.

Medical Matters ~

Any Participant undertaking an adventure with The Aussie Sea Kayak Company is required to provide us with a medical questionnaire filled out completely and accurately and until said form is received, the Aussie Sea Kayak Company cannot confirm your booking.

Please advise The Aussie Sea Kayak Company of any side effects of any medication you take and of any dietary requirements related to the medication on your medical form. Also be sure to let your instructor know of any drugs/ medication you are currently taking and remind them of specific medication to which you are allergic as well.

Please note that any medical requirements are to be funded wholly by the participant including the replacement of any used medical equipment required throughout the program. Your instructor will decide on and have final authority concerning all group safety and medical matters.

Staff ~



All instructors employed on our courses are Aust. Canoeing Inc. Qualified Sea Instructors.

Your instructor's responsibility is to facilitate the appropriate skills transfer or development required by you as a participant. In order for you to achieve the level of competence required for satisfactory program completion. Enabling you act independently or with minimal supervision in your future endeavours.

This requires the Instructor to be able to critique technique, apply a variety of appropriate instructional strategies, and may require them to assess and review participants' skill acquisition at the end of a program or session.

Program Cost ~

\$250.00 per person

Full payment is required to secure your space on the instructional program, along with your completed Application Form medical and Disclaimer Form. Programs are run on demand with 3 people signed up so get your name on the list to make it happen!

Bookings / Reservations ~

Many of our programs fill up 2 months prior to the date of operation, so we suggest you reserve your space well in advance. You can confirm your position on one of our programs by completing and signing the booking application, medical and waiver forms (1 per participant) and returning them to our office along with the applicable payment.

Mail:

Aussie Sea Kayak Company ~
PO BOX 1182, Mooloolaba, Queensland , Australia, 4557

Email ~ info@ausseakayak.com.au

Please Phone: (07) 5477 5335 if you require any assistance.

Payment ~

The company will confirm your booking upon receipt of a completed booking application form along with a signed and completed medical and waiver form (1 per participant) and the applicable full payment.

The balance of the program cost is required 60 days prior to the program date .

The only forms of payment accepted by the company are; valid credit card, cash, personal cheques, bank cheques, money orders and direct deposits (with remittance advice).

Direct Deposit:

Bank Details ~ Bendigo Bank

Account name: Outdoor Pursuits Australia

Acc No: 123084071

BSB: 633 000

Please email a remittance advice to the following email address ~ info@ausseakayak.com.au and include date of transfer, amount, name and reference details.

All prices quoted are in Australian dollars and are inclusive of GST. Please be aware prices are subject to change without notice.

Note: If payment is not received by the due date, (60 days prior to the program departure) the Aussie Sea Kayak Company reserves the right to treat the booking as cancelled.

Booking Cancellation Policy ~

A significant proportion of our expenses, equipment allocation, staffing and logistics are committed and arranged well before any of our programs operation date and therefore an administration service charge applies to all cancelled bookings.

For notice received:

1. More than 60 days before departure a full refund will be issued.
2. Between 60-30 days prior to program date an Aussie Sea Kayak Co Voucher equal to the full program cost will be issued which is valid for 12 months and is non- transferable and non refundable.
3. Within 29 days of program date: No voucher or refund.

If it becomes necessary to cancel your program, please notify us immediately in writing (email / Letter). Upon receipt of your written advice, cancellation will take effect.

Cancelled programs ~

Due to the specialised nature of the programs we operate, the Aussie Sea Kayak Company reserves the right to cancel any program prior to departure for any reason what so ever, including inadequate sign-up, which makes the program economically unfeasible for us to operate or any logistical issues which may impede program operations.

Notice of at least 1 month prior to the program operation date will be given for trip cancellations due to inadequate sign-up. In such a case, a full refund will be given, but the Aussie Sea Kayak Company is not responsible for expenses incurred by participants in preparation for the program (eg; non-refundable airline tickets, medical expenses, equipment etc.)

Delays ~

If the program is delayed due to bad weather, cancelled or delayed flights or delays of other modes of transport, sickness or situations for which the Aussie Sea Kayak Company or it's agents cannot make provisions, the costs of delays are not included.

Our Philosophy ~

Our commitment to you is to organise and operate sea kayak adventures and programs of the highest quality.

We wish to attract healthy, independent individuals with a sense of adventure that wish to explore new regions, waterways and wildlife in a friendly atmosphere.

Our role is to provide you with a safe and comfortable environment in which you can relax, meet new friends and enjoy all aspects of the adventure you choose.

We understand that your time with us is very valuable and you wish to get the most out of your program or adventure.

Please do not hesitate to contact us with any queries or questions, however ridiculous they may sound. We're sure we have heard them before! Or check our web site www.ausseakayak.com.au.

We look forward to seeing you on one of our adventures soon!

You're paddling partners,

Aussie Sea Kayak Company

Owner/Manager ~ Mark Devery

Ph: +61 (07) 5477 5335

Website: www.ausseakayak.com.au

Email: info@ausseakayak.com.au

Retail:

Shop 9, "The Wharf", Mooloolaba, 4557, QLD

Location: Off Parklyn Parade, Underwater World Complex.

Postal:

P.O. Box 1182 Mooloolaba, Queensland, Australia, 4557

Operating Hours:

Open 6 Days a week

9am ~ 5pm (Closed Mondays)