



Advanced Sea Kayaking Level I

Course Outline



If you have the experience but want to get to the best places and push your limits then we can help you. Every course at SKC is tailored to suit the needs and desires of the participants and so the course can cover a variety of topics to include:- Rescues, Personal skills, Leadership, Planning, Navigation, Surfing, Rock hopping, Tidal paddling and Journeys. The team that run the SKC courses are top class coaches and are highly experienced kayakers. We keep our ratios low so you get the most out of the course. The Advanced I is a course to develop your paddling skills in an advanced environment and leadership skills in an intermediate environment. We will give you rescues and tools to use to cope with a variety of situations out at sea. To lead in an intermediate environment you need to be confident in your paddling skills in those conditions. To help you achieve this we will try to develop your personal skills in a more advanced environment using Cornwall's amazing surf and rocky coastline. This really will be an incredible learning experience.

Experience needed

You should be at or above the BCU 3* level. Therefore you should be an asset to the group in up to force 4 winds and 3 Knots of tide. The course is designed to train you up to the BCU 4* level. We will cover up to 15-20 miles in a day depending on conditions and ability of the group.

What it includes

The course fee includes equipment if required. The equipment we can supply are wetsuits, thermal tops, water proof kayaking jackets, buoyancy aids, helmets, spray decks and of course kayaks and paddles. We use quality equipment maintained to a high standard to ensure you are comfortable and safe out on the water. The fee also includes transport during the course if required. We also have hot showers and a drying room for you to use. Our base has navigation equipment and a multimedia classroom to utilise for briefings and classes. During your course our kitchen has an endless supply of fresh coffee and tea to get you started each morning. We also have secure kayak storage if required during your time with us.

Location and times

We meet between 09:00 – 09:30 at Sea Kayaking Cornwall, Dove House, Tregonigge TR11 4SN. We will sit down in our briefing room at 9:30 to discuss individual needs and desires and get to meet everyone on the course. The finish time may vary depending on the chosen launch location and the plan for the day but we normally aim to finish around 16:00.

Sea Kayaking Cornwall is located on the edge of Falmouth. Follow signs to Falmouth which will take you passed ASDA. Continue on until the next roundabout with cannons on. Take the second exit towards Budock Water. Continue straight across the next roundabout. After about 200m turn left into Tregonigge ind estate. We are down the hill on the left.

What to bring

- Camera to capture the action off the water.
- A towel!
- A flask of hot drink.
- Packed lunch
- Your personal paddling equipment

We are looking forward to seeing you out on the water.