

Intermediate Surf and Rescue Course

Available throughout the year

Course Outline

This course was developed to address the real need to focus on the surf zone. Most paddlers who start sea kayaking choose to avoid this environment. However, as the tide changes and the ocean swell travels to the land the ocean floor is exposed, waves begins to form. What was once a friendly flat launch beach for a pleasant day trip, on your return at the end of the day, has turned into a dumping beach break. What do you do if you have never practiced in this environment! You can't avoid it forever.

Don't fear the surf zone, come and learn how to approach it!

The aim of the intermediate Surf & Rescue course is to consolidate your personal skills, teach you to surf your kayak, confidently launch and land through the surf, and help you become a more responsible and knowledgeable paddler with a clearer understanding of safety protocols and rescues used in the surf zone.

Be willing to challenge yourself, your skill set, your knowledge and your safety protocols in the surf zone.

We keep our group sizes small so that we can tailor the course to your needs and abilities.

Choose a 2-day course advertised throughout the year.

<https://www.seakayakingcornwall.com/calendar/>

Two Days Intermediate Surf and Rescue Course

We start the day with a formal presentation helping you to have a clearer understanding of how and why waves and surf are formed.

We then head to the water to find a comfortable surf zone to work on and develop the skills and strokes needed. We discuss and practice the rescues, recoveries, safety procedures, protocols and discuss the appropriate safety equipment an individual and group should have before entering the surf zone.

We take a lunch break as and when the tide allows us to or when you feel ready for a break from the dynamic and challenging environment.

On day two, you get the opportunity to put your new skills into practice. We find a suitable stretch of coastline appropriate to the group's ability and within the safety procedures, protocols and equipment you have and spend the day surfing, rescuing and learning more about ourselves and how to manage the surf zone and those in it.

Course content will include:

- Surf: Cornwall is world renowned for its consistency and world-class beaches that face a variety of directions, allowing us to find the right surf for the appropriate surf session. We use the surf zone to help develop your skills and to build all round confidence.
- Rescues and Recoveries: we help you develop your skills to deal with a variety of personal and group scenarios that may occur in the surf zone.
- Personal Skills: we will work with you on your personal skills to help build your confidence in conditions that you may in the past have steered away from.

Experience needed

To get the most out of the course you should be fairly fit and comfortable swimming or floating (assisted by a flotation device) in dynamic water. All participants will be required to complete a full medical questionnaire.

This course is suitable for kayakers who have completed a few formal courses, belong to a kayak club or have a few years experience or miles under their blades.

You must have a fairly good understanding of the different strokes and how to use them to manoeuvre and control a sea kayak in moderate to windy conditions up to force 3 and have experienced conditions associated with force 4.

The objective you should have for doing this course is to leave with an understanding of sea kayaking and sea safety in the surf zone or learn to have some fun in the surf safely.

If you have any questions regarding the required ability please feel free to contact us on info@seakayaking.com.

What is included

- Sea Kayaking Cornwall's experienced coach with area knowledge offering coaching, assistance, planning and safety throughout the course.
- Kayak - we supply suitable sea kayaks. You are welcome to bring your own kayak which we will gladly place on our trailer and transport and store for you during the duration of your course.

- Spray decks.
- Paddles.
- Buoyancy aids /PFD.
- Paddling kit – We can supply wind proof jackets (cags), thermal rash vests, wetsuits, helmets. *Please advise us of your kit requirements prior to arrival.*
- Kayak storage and under cover drying area in our barn.

Not included

- Transport to start locations in Cornwall. We have a limited number of passenger seats available in our van, please advise if you require transport from our site to launch locations before your arrival.
- Food and beverages during the trip.
- Accommodation.
- Suitable footwear.

Cost

£179 – 2 day course.

All our prices include VAT.

Location and times

Meet at our base at 9:15 am on the first day of your course:

Sea Kayaking Cornwall

Tregedna Farm

Maenporth

Falmouth

TR11 5HL

We will brief and debrief each day at our warm and fully equipped log cabin at Tregedna Farm with a welcoming cup of coffee or tea and free Wi-Fi to source our weather forecasts (or to check mails).

We will plan each day around what we need to learn and achieve in conjunction with what the weather allows us to do.

What to bring - recommended

- Travel insurance.
- Food & drinks. Packed lunches, snacks, hot drinks, water etc.
- Dry bags – various sizes for lunch, valuables and dry clothes to change into at the end of the day.
- Paddling kit – suitable for cold-water paddling. You will get wet!
 - We supply suitable and appropriate entry level paddling kit. However, we do advise that you bring your own paddling kit that you would normally use for a comfortable paddling experience relevant to an intermediate level you are training at.
 - Please contact us if you are uncertain that you have the correct gear. We can supply windproof jackets, thermal rash vests, and wetsuits.

- Suitable footwear: Wetsuit booties / water shoes / old trainers.
- Sun cream.
- Sunglasses and hat.
- Camera.
- Personal medication and first aid kit.
- Money, as there are cafes and restaurants to visit.
- Safety kit – if you wish to learn or practice with kit you have, we would suggest that you bring it along to familiarize and train with during the weekend, a group can never have too much safety kit.

Helpful information to assist with your planning

Accommodation

This course consists of individual days of training from our Cornwall base while enjoying accommodation of your choice.

The best option if you have your own transport is our neighbourly lodge and campsite at Tregedna Farm – Tregedna Farm Holidays

Please enquire and book directly with Tregedna Farm holidays
<http://www.tregednafarmholidays.co.uk/>

Further accommodation options can be found at
www.seakayakingcornwall.com/accommodation/

Travel

<https://www.seakayakingcornwall.com/about-us/getting-here/>

Bespoke option

This course can be booked as a bespoke week / weekend / day at anytime of the year for a group, club or family provided we have space in our calendar to accommodate your required dates.

Please contact us on info@seakayaking.com for your bespoke booking requirements.

Looking forward to sharing our “DEVOTION TO THE OCEAN” with you!

Sea Kayaking Cornwall Team