

# **Introduction Courses**

## **Available Throughout The Year**

### **Course Outline**

At Sea Kayaking Cornwall we have the privilege to coach you to kayak around some of the most stunning coastline Britain has to offer. Let us inspire you on your journey into sea kayaking - the most wonderful way to experience the ocean and its mesmerising flora and fauna.

Choose between 1-day, 2-days or a 5-day introduction courses.

### **One Day Introduction Course**

This is effectively a taster session for you to see if enjoy being on the water in a sea kayak. We introduce you to the sea kayak, paddle and appropriate clothing and safety equipment. You will learn how to manoeuvre a sea kayak in a safe and comfortable coastal or estuary environment, depending on weather and wind conditions.

During the day you will be introduced to different strokes, technique and skills to be able to control your sea kayak more efficiently and effectively. We start with forward and reverse paddling strokes before setting off to explore a stretch of coastline.

We will find a nice beach for a lunch break enabling you to experience the beauty sea kayaking offers, as you can get closer to rugged cliffs, remote beaches and play around rocks than with any other ocean going craft.

You will finish the day practising capsizing drills, rescues and recoveries to boost your confidence on the water.

*Please note: The one day introduction course can only be booked on the first day of a 2-days / 5-days course. Take a look at our calendar and contact us to assist with your booking: [Calendar - SKC](#)*

## **Two Days Introduction Course**

On day one we introduce you to the sea kayak, paddle, appropriate clothing and safety equipment you will be using and learning with. You will learn how to manoeuvre your kayak in a safe and comfortable coastal or estuary environment, depending on weather and wind conditions.

During the day you will be introduced to different strokes, technique and skills to be able to control your sea kayak more efficiently and effectively. We start by teaching forward and reverse paddling to give you the opportunity to be coached on the move while exploring and enjoying a stretch of coastline.

We will find a beach for a lunch break enabling you to experience the real benefit and beauty sea kayaking offers ocean goers, as it intimately glides closer to the cliffs, beaches and around the rocks unlike any other ocean going craft.

At the end of the day you will have the opportunity to build confidence by practising capsizing drills, rescues and recoveries under the supervision of our experienced coaches ensuring a comfortable confidence boost to end your day knowing you can rescue yourself and others.

On day two, you get the opportunity to put your new skills into practice whilst enjoying a journey along the Cornish coast. You will have time to consolidate paddling skills, rescue and recovery techniques learnt on day one. Our coaches are there to help and assist you with skills ensuring you have a wonderful experience. After all, we want you to leave with a deep desire to become a

sea kayaker, travelling the oceans free and passionate, remembering your first experience with us and where it all began...

## **Five Days Introduction Course**

Our Five-day introduction to sea kayaking is the perfect course to learn the basic and most important skills needed to be safe and truly discover the world of sea kayaking and the wonderful space it opens up to those who venture onto the ocean.

We will have the opportunity to really get to know you over the five days, and coach you towards your full potential. We will be able to instil a clear understanding of sea kayaking skills and safety in you and help you build your confidence. During the week you will cover skills, advise on safety kit and protocols, recoveries and rescues. You will have the opportunity to paddle in different locations and conditions allowing you to explore more of the amazing Cornish coastline than in any other introduction course.

The five-day course also allows us more time to look at weather information, tides and the planning process with you, which gives you a more complete base from which to build your experience and knowledge.

## **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 deep water. All participants will be required to complete a full medical questionnaire.

No kayaking experience is necessary for this course. We will begin with the basics and build your skill set and confidence.

We would expect to cover distances of between 5 - 12 km (6 hours) a day depending on conditions.

If you have any questions regarding the required ability please feel free to contact us on [info@seakayakingcornwall.com](mailto:info@seakayakingcornwall.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, and 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**

£425 - 5 day course.

£195 – 2 day course.

£105 – 1 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. 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 is cafes and restaurants to visit.

## **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/](http://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@seekayakingcornwall.com](mailto:info@seekayakingcornwall.com) for your bespoke booking requirements.

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

Sea Kayaking Cornwall Team