

Five Day Advanced PLUS+ Course

Available Throughout The Year

Course Outline

At Sea Kayaking Cornwall we're privileged to coach you to kayak around some of the most stunning coastline Britain has to offer.

The Advanced Plus+ course is for those who have already attended our advanced course and are ready for the next step in development or for experienced sea kayak leaders looking for progression. Our advanced plus+ course is an experiential learning experience. Each day is different. We venture into more challenging conditions and paddle in a variety of environments testing your personal skills, environmental awareness and group awareness.

We aim to improve your leadership and group management skills and scenarios. You will use your safety equipment in 'real' scenarios.

Most of all you will leave confident that you are a reliable paddler who can think and act under pressure is independent, self sufficient, knowledgeable and respectful of the ocean.

No paddler is ever greater than the elements and making decisions to safely look after yourself and others in an ocean environment should be the ultimate goal for any 'advanced' paddler!

Be willing to challenge yourself, your skill set, your knowledge and your safety protocols in a variety of environments and conditions.

We keep our group sizes small so that we can tailor the course to the group's needs and desires.

5-day courses programmed throughout the year.

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

Five Day Advanced Plus+ Course

Our five-day Advanced Plus+ course is the perfect course to achieve that solid foundation of personal skills, knowledge, understanding and leadership that all ocean going 'captains in a craft' should have to keep their crew safe at sea when conditions change and become more challenging. We test your skills, confidence and environmental understanding in order to assist you to make the correct decisions when paddling in an 'advanced' environment with a peer group at a similar level or as a leader, guiding paddlers less competent than yourself.

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 clearer understanding of sea kayaking skills and safety and help you build your confidence. During the week we hope to break down each day - weather and sea conditions permitting - into a separate but progressive learning experience with a goal of developing not only your personal skills but also your all-round seamanship and leadership.

Course content will include:

Weather permitting the Advanced Plus+ course aims to diversify your paddling experience by looking into the following areas:

- 1.Night Navigation
- 2.Rocky Landings & Coasteering skills
- 3.Dealing with Incidents & Decision making
- 4.Surf zone skills
- 5.Tides & Swell

- Surf zone skills, leadership and rescues: 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 personal and leadership 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 in different sea states and ocean environments like rock gardens, gully's, caves and surf.
 - Personal skills and leadership: we will work with you on your personal skills and leadership in conditions that you may in the past have steered away from personally or with a group.
 - Navigation and Planning: this course allows more time to look in depth at weather information, tides and the planning process allowing you the opportunity to test your experience and knowledge as a decision maker and group leader.
 - Journeys: we aim to plan trips together, which enable you to explore and lead a group along the coast. Cornwall has spectacular scenery including dramatic headlands, caves, arches and the Atlantic Ocean right on the doorstep.

Experience Needed

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

This course is suitable for kayakers who have completed formal training to an advanced level and have fair amount of experience

in a variety of ocean environments as a competent sea kayak leader with their own paddling and safety kit.

You must have an understanding of the different strokes and rescues and how to use them in moderate to windy conditions up to force 4 and have experienced conditions associated with force 5+

The objective you should have for doing this course is to leave with a structured understanding of sea kayaking, sea safety and developing leadership at sea. Knowing your areas of weakness or strengths with the goal of progressing to doing/leading/assisting on expeditions or multi day trips and to have some fun.

We would expect to cover distances of between 10 - 20 km (7 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.

<https://www.seakayakingcornwall.com/about-us/what-level-am-i/>

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.
- 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.

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. You will also need to bring food for the Night Navigation exercise.
- 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.
- Coasteering kit - Sturdy footwear & neoprene gloves are beneficial!
- Night Navigation Kit - Waterproof head torch & lights.
 - 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 the advanced level that 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 is 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 familiarise and train with during the week, 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@seakayakingcornwall.com for your bespoke booking requirements.

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

Sea Kayaking Cornwall Team