

## **Intermediate 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 help you on the next step towards building your skill set as a valuable group member or competent paddler who is more independent, self sufficient and knowledgeable, and able to plan your own day trips, multi-day trips or expeditions.

We venture into more challenging conditions and introduce you to a variety of environments testing your personal skills, environmental awareness and group awareness.

Choose between a 2-day or 5-day course programmed throughout the year.

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

The aim of the intermediate course is to solidify your personal skills, help you become a more responsible paddler who has a clear understanding of safety protocols and safety equipment, a competent group member that takes responsibility for yourself, your equipment and the wellbeing of your fellow paddlers.

Be willing to challenge yourself, your skill set, your knowledge and your safety protocols in a variety of environments and conditions. This course is the core personal skills development

phase required before you look at progressing to a leadership level on the water.

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

## **Two Days Intermediate Course**

We use day one as a 'shake down' to refresh your paddle strokes, rescues, recoveries, safety procedures, protocols and discuss the appropriate safety equipment an individual and group should have between them. We try and find more challenging conditions throughout the day to help you progress and build your confidence.

We will find a beach for a lunch break. You will learn on the move while enjoying a coastal journey.

Towards the end of the day you will practise a variety of wet skills – rescues, recoveries, sculling and begin learning to 'roll' or perfect and practice your 'roll' under the guidance of our experienced coaching team.

On day two, you get the opportunity to put your new skills into practice after planning a journey for a suitable stretch of coastline appropriate to the group's ability and within the safety procedures, protocols and equipment you have as a group.

## **Five Days Intermediate Course**

Our Five-day Intermediate course is the perfect course to achieve that solid foundation of personal skills and knowledge that all competent ocean going 'captains in a craft' should have to be safe at sea. We test your skills, confidence and environmental understanding in order to assist you to make the correct decisions

when paddling in the appropriate environment with a peer group at a similar level.

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.

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.
- 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.
- Navigation and Planning: this course allows more time to look in depth at weather information, tides and the planning process allowing you a more complete base from which to build your experience and knowledge towards becoming a valuable team member and decision maker.
- Journeys: we aim to plan trips together, which enable you to explore large sections of the Cornish 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 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.

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 a structured understanding of sea kayaking and sea safety. Knowing your areas of weakness or strengths with the goal of progressing to doing expeditions or multi-day trips or intend moving towards a leadership role with a group or just 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](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.
- 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.
- 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.
  - 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 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/](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@seakayakingcornwall.com](mailto:info@seakayakingcornwall.com) for your bespoke booking requirements.

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

Sea Kayaking Cornwall Team