

# **INTROmediate 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 and confidence as we take you into more challenging conditions and introduce you to the surf zone. Choose between a 2-day or 5-day INTROmediate courses.

The goal of the INTROmediate course is to begin the process of making you a safer and more responsible paddler and help you become a better group member accepting further responsibility for yourself and your fellow paddlers by consolidating and increasing your skill set, knowledge and safety protocols.

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

### **Two Days INTROmediate Course**

On day one we refresh and introduce new paddle strokes, rescues, recoveries, safety procedures and protocols to add to the skills you already have. Day one is spent in a safe and comfortable coastal or estuary environment, depending on weather and wind conditions.

We will find a beach for a lunch break after having tried out some new techniques and strokes. You will learn on the move while enjoying a coastal journey.

Towards the end of the day you will practise wet skills – rescues, recoveries - building on the basic rescues you were taught on an introduction course. You will also have the opportunity to practise sculling & support strokes.

On day two, you get the opportunity to put your new skills into practice after having discussed and planned a journey for a suitable stretch of coastline, as part of the learning process to become a more valuable paddler to a group or your paddling partner.

### **Five Days INTROmediate Course**

Our Five-day INTROmediate course is the perfect course to consolidate and build a good skill set with a solid foundation, with the aim of becoming a more independent sea kayaker. We begin the process of assisting and coaching you towards having the skills, confidence and environmental understanding to be able to plan your own day trips confidently.

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 you will cover skills, advice on safety kit and protocols, recoveries, rescues. You will begin learning different self-rescues and gain confidence paddling and controlling your boat in wind and the changing sea state that wind and tide create. You will have more opportunity to paddle in different locations and conditions, allowing you time to explore more of the amazing Cornish coastline as well as launching, landing and playing in the surf zone.

The five day course also allows us 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 safer paddler.

## **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 an introduction course and have a basic understanding of the different strokes and how to use them to manoeuvre and control a sea kayak in calm conditions. If you have other kayaking experience in alternative crafts such as sit on top kayaks, or maybe you have kayaked informally before and now you wish to adopt a more structured understanding of sea kayaking and sea safety.

We would expect to cover distances of between 6 - 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.

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. Please contact us if you are uncertain that you have the correct gear. We will 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 any time 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