

Rescues & Surf Course

Available Throughout The Year

Course Outline

This course was developed with the real need to focus on the personal skills, rescue techniques and leadership of a group in a dynamic environment. Often paddlers new to sea kayaking choose to avoid this environment. However, as the tide changes and the ocean swell travels to the land, waves begin 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 if you are the most experienced paddler comfortable in the conditions and the group are looking to you for guidance and leadership in this foreign and fear filled environment. How do you manage that situation if you have never practiced your skills and leadership in this environment?

You may not be able to avoid it forever!

Don't fear the surf zone come and advance your skills and leave comfortable leading and playing in it!

The aim of the Surf & Rescue course is to consolidate your personal skills and to give you the confidence and safety protocols needed to lead people safely in and out of the surf zone and the rescue techniques to operate in dynamic water.

It will also give you the knowledge on how to control a safe surf "play" zone for fellow paddlers. You will leave having improved your confidence and feel more comfortable leading, surfing and rescuing in a dynamic environment.

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 the group's needs and abilities.

Choose a 2-day course advertised throughout the year.

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

Two Day Surf and Rescue Course

We start the day with a formal presentation helping you to have a clearer understanding of how and why waves/surf are formed and the safety protocols that should be in place before you enter into this dynamic but fun filled environment.

We then head to the water and find a surf environment to practice in and develop your skills. We discuss and practice the rescues, recoveries, safety procedures, protocols and the appropriate safety equipment a leader and group should have before entering the ocean.

Day two, you get the opportunity to learn leadership skills, signals and "surfer" protocols needed to safely control and assist paddlers in this dynamic environment. We find a suitable stretch of coastline appropriate to the groups ability and using the safety procedures, protocols and equipment you have, we have a day of rough water handling, leadership training and fun.

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 transpire in dynamic water.
- Personal Skills: we will work with you on your personal skills to help build your confidence in bigger conditions that you may in the past have steered away from.

Experience Needed

To get the most out of the course you should be fit and comfortable swimming, assisted by a buoyancy aid and capsizing 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 at the intermediate level and/or beyond and have a few years experience or miles under their blades in more challenging conditions.

You must have a 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 4 and have experienced conditions associated with force 4 including a surf zone of 3-4ft.

The objective you should have for doing this course is to leave comfortable leading, rescuing and assisting a group or fellow paddler in the surf zone with the personal skills and understanding of the dangers and joys associated with this dynamic, but fun environment.

If you have any questions regarding the required ability please feel free to contact us on 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, 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 – you will be getting 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 the more advanced 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 – bring all the safety kit you have. We recommend that you bring it along to familiarise and train with during the weekend, so that you will always be ready and comfortable with the equipment you carry.

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