

# BEGINNER SEA KAYAK SKILLS

CERTIFICATE OF COMPETENCY

海seakayakhongkong.com

1 TO 4  
DAY



BASIC  
SEA KAYAK  
CONTROL  
SKILLS

BASIC  
SEA KAYAK  
RESCUE  
SKILLS

2  
DAYS  
GUIDED  
TRIPS

ESSENTIAL  
SEA KAYAK  
KNOWLEDGE  
COURSE

CERTIFICATE  
OF  
COMPETENCE

SKILLS  
PART 1

+

SKILLS  
PART 2

+

SEA MILES  
PART 3

+

ONLINE  
PART 4

=

COMPETENCE

## 4 PART

## BASIC KAYAK CONTROL & RESCUE SKILLS





# GENERAL COURSE DESCRIPTION

Hong Kong is an amazing destination for sea kayaking.

We have over 260 islands, incredible coastlines including sea caves, blow holes, deserted beaches and much more. However it can also be treacherous to paddle in.

This course is designed to provide the beginner kayaker with the basic skills to paddle a sea kayak, in a group, on sheltered waters, around Hong Kong and know what to do in the event of a capsize.

## Course summary:

This course is made up of 4 distinct parts:-

**Part 1 - Basic Kayak Control Skills**

**Part 2 - Basic Rescue Skills**

**Part 3 - Building Sea Miles - 2 guided journeys of 12 klm each**

**Part 4 - Essential Sea Kayak Knowledge Course - online**

Each course can be completed individually to gain a **Certificate of Attendance**.

If the student wishes to gain a **Certificate of Competence** they will need to attend both classes and gain some sea kayaking experience (2 day journeys).

At the end of the course you will have the basic skills necessary to be able to paddle a sea kayak in sheltered waters.

You will acquire a knowledge of the 5 basic paddle strokes, an understanding of the design and use of sea kayaks, practical knowledge of how to do basic self rescue and beach entries and exits. You will also have access to the online sea kayak course components.

**You will also have had a short sea kayak trip to gain practical experience of your newly acquired paddling abilities.**





# CERTIFICATION



## SEA KAYAK COMPETENCY CERTIFICATE

BASIC  
SEA KAYAK  
**CONTROL**  
SKILLS

CERTIFICATE  
OF  
ATTENDANCE

Once completed the student receives a Certificate of Attendance & entry into the kayak log book.

BASIC  
SEA KAYAK  
**RESCUE**  
SKILLS

CERTIFICATE  
OF  
ATTENDANCE

Once completed the student receives a Certificate of Attendance & entry into the kayak log book.

**2**  
DAYS  
GUIDED  
TRIPS

CERTIFICATE  
OF  
ATTENDANCE

Once completed the student receives a Certificate of Attendance & entry into the kayak log book.

ESSENTIAL  
SEA KAYAK  
KNOWLEDGE  
COURSE

ONLINE  
COURSE  
COMPLETION  
BADGE

Once completed the student receives a Certificate of Completion.

BASIC  
SEA KAYAK  
CONTROL  
SKILLS

BASIC  
SEA KAYAK  
RESCUE  
SKILLS

**2**  
DAYS  
GUIDED  
TRIPS

ESSENTIAL  
SEA KAYAK  
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COURSE

CERTIFICATE  
OF  
COMPETENCE

SKILLS  
PART 1

+

SKILLS  
PART 2

+

SEA MILES  
PART 3

+

ONLINE  
PART 4

=>

COMPETENCE





CERTIFICATE  
OF  
COMPETENCE

COMPETENCE

## SKILLS LEARNED

**After the 2 courses you will have learned the following:**

- forward and back paddle
- sweep stroke
- stern rudder
- draw stroke
- low brace
- how to control your kayak
- how to enter and exit the water from a beach,
- from deep water,
- from a pier or landing,
- from a rocky shore.
- how, why and when to "raft up".
- the very basics of how to handle a kayak in small surf.
- what to do when you capsize in shallow water.
- in deep water
- how to swim with your kayak
- how to empty your kayak after capsize and return to shore
- how to communicate at sea with other kayakers
- basic weather forecasting
- basic trip planning
- understand the use of and equipment needed to go sea kayaking safely
- personal risk management
- awareness of others







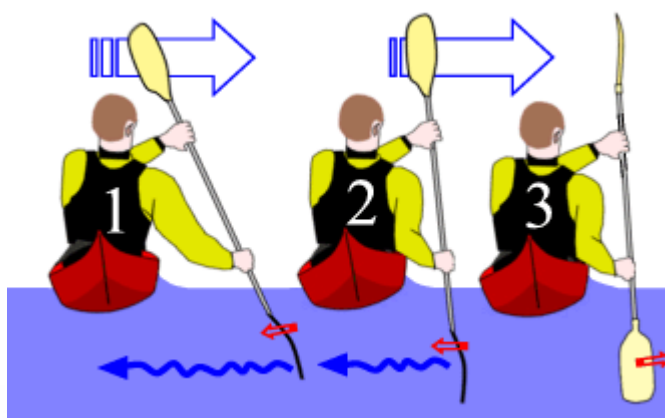
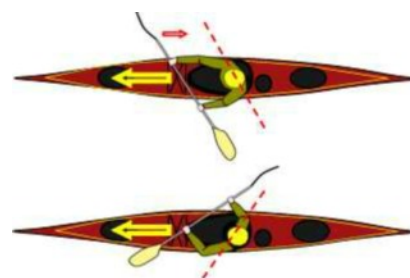
CERTIFICATE  
OF  
ATTENDANCE

# PART 1

## BASIC KAYAK CONTROL COURSE

**On completion of the course you will have learned the following:**

- forward and back paddle
- sweep stroke
- stern rudder
- draw stroke
- low brace
- how to control your kayak
- how to enter and exit the water from a beach,
- from deep water,
- from a pier or landing,
- from a rocky shore.
- how, why and when to "raft up".
- the very basics of how to handle a kayak in small surf.
- how to set up your sea kayak
- what equipment is used when sea kayaking.





# PART 1

## BASIC KAYAK CONTROL COURSE

### Paddling techniques

10:00 - 13:00

Theory about sea kayaking, navigation, weather, safety systems. Introduction to kayaking equipment. Set up kayak for paddling, adjusting foot rests, rudders etc.

Kayak entry & exit

Basic paddle techniques - forward paddle, back paddle, sweep stroke, draw stroke and stern rudder.

13:00 to 13:30

Lunch (bring your own).

13:30 to 16:00

Short sea kayak journey to gain experience and practice new skills.

16:00 to 17:00

Equipment clean and storage.  
Change into dry clothing.

CERTIFICATE  
OF  
ATTENDANCE



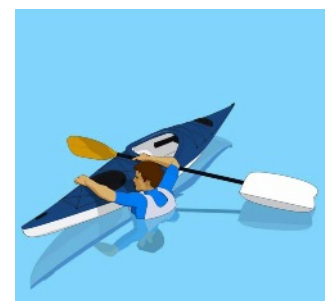
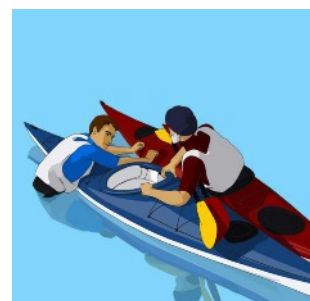
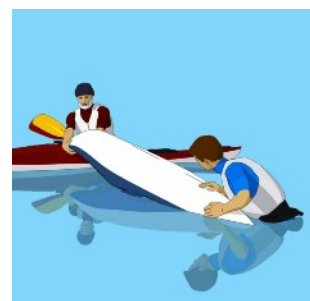




## PART 2 BASIC RESCUE COURSE

**By the time you have completed the course you will have learned the following:**

- what to do when you capsize in shallow water.
- in deep water
- how to swim with your kayak
- how to empty your kayak after capsize and return to shore
- how to communicate at sea with other kayakers
- basic weather forecasting
- basic trip planning
- understand the use of and equipment needed to go sea kayaking safely
- personal risk management
- awareness of others



**Commences** 10:00 AM

**Finishes:** 04:30 PM

**Location:** Tai Tam Base or Lamma Island Base







# SEA KAYAK EXPERIENCES

Sea kayak training can only take you so far. It's the practical application of the skills learned that turns theory into reality, training into competency.

To obtain the Sea Kayak Hong Kong Certificate of Competency you will need to participate in 2 sea kayak journeys of at least 12 kms each.

These journeys will need to be supervised so that they can be verified.

Documenting them in your Sea Kayak Log book, ensuring all required information is completed and the log signed off by the trip leader is essential.

These journeys are the reason for doing the kayak training, so enjoy them.







APPROVED

## Sea Kayak Hong Kong

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