



Introduction to Surf Kayaking

This course teaches you the basics of how to proficiently surf your kayak/wave ski/sit on top (SOT) correctly in friendly surf (up to head high in a kayak). It is designed for you, working at your pace. You will be doing this in safe conditions and with great coaching that stretches and supports you every step of the way. This course can be completed with or without the 3 star award.

What surfing level do I need to be?

You don't have to be a fantastic kayaker, or be able to roll as this course is aimed at beginners to the surf environment. You do have to be willing to experiment and get a little wet whilst we keep you smiling and learning. Ideally you will be proficient on flat water and be a 2 star standard.

You might be a river paddler or sea kayaker who wants to quickly increase your skill level and confidence to then transfer back to these disciplines. We aim to leave you longing for more!

However, you can also learn to surf kayak from scratch if you have never kayaked before. We have a wide variety of craft (including sit on tops), that will allow you to learn the basics and progress through to surf kayaks.

What will I learn?

By the end of this course you will competently be in control of your kayak/ski/sit on top on a wave in friendly surf conditions. You will be taken through the building blocks of surf kayaking at your pace and given time to practice them. You will get specific feedback to develop your skills. These building blocks will then be used as the solid foundation for you to progress and improve your performance at speed. As you progress, these skills will then be transferred to larger waves and/or harder moves, challenging you to further develop at the right pace for you.

You will go home with an action plan and video footage to remind you of what to work on.

Personal skills you will be working towards include:

- Launching from the beach (particularly if you have fins on your boat)
- Efficient paddling out through waves to save you energy and to get out quickly
- Taking off and catching a wave without too much effort
- Using 'ruddering' to learn how to turn on the wave, either on the green wave or in the white water.
- The basics of a diagonal run and a solid bottom turn
- Supporting and steering yourself safely whilst being in control in white water

A range of surfer's knowledge will also be covered:

How waves are formed and how to read them at the beach to your advantage. Where to get a forecast and how to interpret it. Surf etiquette, so that you don't get yourself in to trouble with other surfers. You will also know how to surf safely and which types and breaks of wave are best for you to learn on without getting into difficulty. We are also more than happy to inform you about equipment and group safety systems we use.



Surf Kayak Holidays are part of Lizard Adventure Ltd 07845 204040



What do I need to bring?

You need to bring a packed lunch, a drink, a grab bag with your towel and warm clothing in, plus whatever equipment you like to use or wear in the water. A camera is nice to have to use from the beach. Plus a big smile ready to go surfing with.

The course fees include all of the equipment needed, coaching and video. The equipment we can supply includes wetsuits, buoyancy aids, helmets, spray decks and of course SOT's/surf kayaks and paddles. We use top level equipment, maintained to a high standard to ensure you are comfortable and safe on the water.

British Canoeing 3 Star Surf training and assessment (optional)

This course can be completed with or without the 3 star award. If you want to get your 3 Star Surf assessment you will need to tell us with at least 2 weeks' notice so that we can register the course through British Canoeing. To successfully complete your 3 star, by the end of the course you will need to be able to show a roll on one side (in wave size under head high whilst you sit in your boat).

Follow this link for the syllabus <http://www.canoe-england.org.uk/media/pdf/BCU%203%20Star%20Surf%20Syllabi%20V3-0%20Oct13.pdf>

Follow this link for the assessment notes <http://www.canoe-england.org.uk/media/pdf/BCU%203%20Star%20Surf%20Assessment%20Notes%20V3-0%20Oct13.pdf>

Prices

2 days £175 – for complete beginners to surf kayaking.

1 day £85– for those ready for assessment.



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