



## **INTROmediate Surf Kayaking**

If you have covered the surf kayak basics and would like more time to embed them and progress to bigger conditions and/or learn skills such as carving bottom turns and diagonal runs that use the wave, this is for you....

There is the option of working towards a British Canoeing 3 Star OR Surf Kayak Leader Award as part of this course (more info below).

### **What surfing level do I need to be?**

For those that have either completed the Introduction to Surf Kayaking course or can survive a surf on a head high kayak wave, being in some control in white water.

### **What will I learn?**

By the end of this course you will

- Have the necessary skills to competently manage yourself in up to double overhead size surf (whilst sitting in a kayak, head high on a boarder).
- Recap the theory of how different waves form and surf etiquette, plus an introduction to how you manage and lead groups in the surf environment safely.
- Go home with an action plan and video footage to remind you of what to work on.

### **Personal skills that you will be working towards include:**

- Efficient paddle out and correct wave selection.
- Effective take offs, going into diagonal runs at the correct height for the conditions or a carving bottom turn.
- You will also work on your top turns to use the whole of the wave, allowing you to regain the wave and continue your surf.
- You will be able to exit the wave by carving off it, rather than being caught up in the white water and being taken to the beach.
- You will work towards rolling on both sides in up to double overhead height surf (from a kayak).

### **A range of rescue skills will also be covered in various scenarios, including:**

Deep water rescues; towing using a range of techniques in the most suitable place; carrying and surfing someone with you on your boat and safe; controlled shepherding.

### **What do I need to bring?**

You need to bring a packed lunch, a drink, a grab bag with your towel and warm clothing, 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/Assessment OR Surf Kayak Leader Training (both optional)**

### **British Canoeing 3 Star Surf Training and Assessment**

This course focuses on personal skills. If you want to complete your 3 Star Surf Assessment you will need to register with BC at least 2 weeks before the course. 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 British Canoeing website – syllabus & notes: [British Canoeing 3 Star Surf](#)

### **British Canoeing Surf Kayak Leader Training**

This award includes more advanced personal skills and leadership skills. The only pre-requisite is for you to be able to paddle at the same standard as the either the New 3 Star Surf Award or the Old 4 Star Surf Award. There is no BC fee and no need to register with BC for this training course.

Follow this link for the syllabus [British Canoeing Website Surf Kayak Leader](#)

Follow this link for the assessment [British Canoeing Surf Kayak Leader Assessment](#)

## **Prices**

**2 days £175** – An intensive course for those with experience and confidence to acquire skills quickly.

**5 days £385** – For those that wish to spend more time to practice and consolidate their skills so they become natural, and to get to know the local area.

Note: British Canoeing fees are in addition to these prices. Check the web links for details.