

Intermediate Surf Kayaking

This course is for those that have covered the surf kayak basics and would like more time to embed them. Extend your repertoire in up to double overhead height surf (on a kayaker), and learn to surf the whole of the wave using top and bottom turns, cut backs and the best diagonal runs whilst staying near the pocket...

There is also the option to complete your Surf Kayak Leader (former 4 Star) Training or Assessment as part of this course (more info below).

What surfing level do I need to be?

For those that have either completed the INTROmediate Surf Kayaking course or have your 3 star surf kayak or can surf a wave on a head high kayak wave and then be in control in white water. You will have some experience rolling.

What will I learn?

By the end of this course you will:

- Have the skills necessary to make the most out of a wave 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.
- Know how to choose the right beach and right location on the beach.
- Cover the fundamentals of how to 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 (carve and slash), and cut backs, 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 develop your rolling skills on both sides in up to double overhead height surf (from a kayak).
- How to choreograph your ride on this size of wave to hone your skills and surf it, rather than it surfing you.

A range of rescue skills will also be covered in various scenarios:

Practicing how to set up management systems and leading a group surf kayaking; learning how to cope with 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 and 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 in and 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 the equipment needed, coaching and video. The equipment we can supply includes wetsuits, buoyancy aids, helmets, spray decks and of course 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 Surf Kayak Leader (Former 4 Star) Training OR Assessment (optional)

You can complete a Surf Kayak Leader Training by doing this course OR you can do an assessment if you have already done the Training. There is no BC fee for the Surf Kayak Leader Training and no need to register with the BC for this training course. The only pre-requisite is for you to be able to paddle at the same standard as either the New 3 Star Surf Award or the Old 4 Star Surf Award.

However, for the assessment you will need in place your 2-day First Aid, plus evidence of a range of surfing (as per Surf Kayak Leaders syllabus) and you will need to complete the Leader Registration form and send it to British Canoeing at least 2 weeks before the course starts.

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

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

Follow this link for the Leader Registration Form [British Canoeing Surf Kayak Leader Registration](#)

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.