

## Surf Kayak Symposium FAQs

### What is a surf kayak symposium?

The aim of the weekend is to focus on kayak surfing in a relaxed and non-competitive gathering of likeminded people. A safe place where people can be introduced to, and/or improve their surf kayak performance with groups small enough to make a personal difference.

### How are we coached?

The weekend is organised for surfers to choose the group to suit their needs/ability; Beginners (newcomers), Intermediate (starting to catch green waves), and Advanced (developing progressive surfing skills). This allows us to select the right venue with the best conditions for individual progress. Surfers can swap and change groups at lunch time depending on what they wanted to work on next. The coaching ratio is approximately 6 kayakers to each coach.

Steve Bowens (Ex Squad member and H2O Training), and John-Paul Eatock (Level 5 Surf and Sea coach and Surf Kayak Coaching.com Director) are the regular coaches for the weekend, with other coaches joining us if numbers increase. We also have a good number of experienced assistant coaches that are on hand to help with kit and to offer the odd demo as required.

For some, there is the opportunity to use the latest technology; to be coached in real time with two-way communication via your helmet and the coach. This allows instant feedback whilst you are on the water. At the end of your coaching session you will have an opportunity to view video footage of your session. Bring a storage device (memory stick or similar), to allow you to take some footage and photos away with you. See examples on the Surf Kayak Coaching Facebook page.

### What happens during a Symposium?

There are 3 coaching sessions – Sat am, Sat pm, & Sun am. Sun pm is free surf for anyone who has any energy left! Sat eve is a relaxed gathering in the bar with a few talks and the now infamous Surf Kayak Quiz.

Previous coaching sessions have covered the following topics:

- Getting to know your surf craft - Try a large range of surf craft for fit, comfort and stability; including rolling them in the safety of Hayle Estuary.
- How to catch a wave well
- How to surf a wave well, once you have caught it
- Self-rescues in surf; building confidence
- Executing great bottom and top turns
- Building speed - great wave and body position and its effect on surfing
- How to link manoeuvres and visualise for future moves

All with the aim of action points being clearly given to each surfer so that they know exactly what they need to practice.

### Do I need all my own equipment?

We recommend that you use the kayak that you know well if you are a beginner or intermediate – which includes bringing your own river boat. You can make good progress in these and you will be familiar with the way it works in the surf. As you get better, we suggest that you have a go in one of our surf kayaks to stretch and challenge yourselves.

We usually have some new or demo surf kayaks that you can try out for part of a session – there is no extra charge for this. (For example, from Ride Kayaks and Kernow Kayaks). We have a range of surf kayaks for different sizes and ability levels that you can hire for the weekend (see costs below).

You can also hire wetsuits, buoyancy aids and helmets if needed. Please let us know when you book your space. [www.surfkayakcoaching.com](http://www.surfkayakcoaching.com) 07845 204040

### Location

In the far west of Cornwall, there are a range of beaches to choose from, facing all directions of the compass, to allow us to find the best waves for each group. We can often use the beach literally at the 'bottom of the garden' from our base at Beachside Holiday Park. All the other surf spots are within 20 miles so each group can organise car/van sharing on the day.

### Accommodation

The Cornish symposium is held at Beachside Holiday Park, (Hayle, TR27 5AW) with direct access to the beach, a range of accommodation options plus a bar, pool and children's park. Non-kayakers are very welcome to spectate and join us in the evenings. Please note dogs are not allowed at Beachside, but they are allowed on the beach.

<b>Costs Symposium Coaching</b> (3 sessions) per person	£110
<b>Additional costs</b>	
Kayak hire (for 2 days) per person	£40
Other equipment hire (buoyancy aid, helmet, spray deck or wetsuit) for 2 days, per person.	£20
<b>Accommodation at Beachside</b>	
Camping pitch (with electric hook up) – up to 4 people per pitch	£15 Per night
Bungalow (self-catering, shared, up to 3 people, price per person)	£140 per Bungalow for 2 days (cost shared amongst yourselves)
Chalet (self-catering, shared, up to 3 people, price per person)	Cost on request

### How to Book

We now have online booking for the symposiums. Please visit our website and go to the [symposium page](#) and select "book online". Select the dates and follow the instructions. You can also book over the phone by calling the booking office on 07845 204040 or email [courses@surfkayakcoaching.com](mailto:courses@surfkayakcoaching.com) If you prefer to pay by BACS:

Account Name: **Lizard Adventure Ltd** Sort Code: **08 92 99** Account Number: **69480166** Reference: **Symposium**

### Cancellation Policy

All cancellations carry a 10% administration fee. Please confirm your cancellation in writing by email. Participants who fail to attend and cancellations received less than 48 hours prior to the event will not be eligible for a refund.