



Coastal Kayaking Camping Module

(Sample Skills Course)

Course Overview: The **Coastal Kayak Camping Course** is designed to be delivered by L2 and above instructors who have completed the Camping Endorsement. The course can be delivered as a separate course or in conjunction with another skills course. Participants learn the basic skills required to plan and prepare short overnight trips in coastal environments and near shore lakes. The participants will learn about proper equipment and how it is used, how to select a camp location, food transportation and preparation, and to follow leave no trace principals throughout the trip. This course requires the appropriate equipment, solo or tandem kayaks appropriate for the course venue.

Essential Eligibility Criteria (EEC):

ACA courses are open to all individuals who acknowledge the ability to perform the following essential eligibility criteria.

1. Breathe independently (i.e., not require medical devices to sustain breathing)
2. Independently maintain sealed airway passages while under water
3. Independently hold head upright without neck / head support
4. Manage personal care independently or with assistance of a companion
5. Manage personal mobility independently or with a reasonable amount of assistance
6. Follow instructions and effectively communicate independently or with assistance of a companion
7. Independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket*
8. Get on / off or in / out of a paddlecraft independently or with a reasonable amount of assistance*
9. Independently get out and from under a capsized paddlecraft*
10. Remount or reenter the paddlecraft following deep water capsize independently or with a reasonable amount of assistance*
11. Maintain a safe body position while attempting skills, activities and rescues listed in the appropriate Course Outline, and have the ability to recognize and identify to others when such efforts would be unsafe given your personal situation*

** To participate in adaptive programs, participants must acknowledge only the first six EEC listed above. Entry-level adaptive programs will involve teaching and practicing EEC #7-11.*

Course Prerequisites: Previously completed the appropriate Coastal Kayaking Discipline skills course and/or demonstration of equivalent skills.

Course Duration: 1 or more days

Course Location / Venue: Not to exceed instructor's level of certification

Class Ratio - Tandem: 6 Students : 1 Instructor; with an additional instructor or qualified assistant the ratio can be 12:2

Solo: 5 Students : 1 Instructor; with an additional instructor or qualified assistant the ratio can be 10:2



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The following is a general summary of course content for the **Coastal Kayaking Camping Module**. The content and sequence of instruction should be adjusted to best fit the participant's needs, class location and time allowance.

Course Content

Introduction, expectations, and logistics

- Welcome, introductions, paperwork
- Student and instructor course expectations and limitations
- Course itinerary and site logistics
- Review waiver, assumption of risk, challenge by choice, medical disclosure
- About the ACA
- Lifejacket (PFD) policy (always wear on water)
- Appropriate personal behavior
- No alcohol / substance abuse
- Proper etiquette on and off the water
- Respect private property
- Practice Leave No Trace ethics

Personal preparation

- Personal ability
- Swimming ability
- Water comfort and confidence
- Fitness, conditioning, and warm up
- Safe paddle and boat handling
- Safety and rescue considerations
- Personal equipment (reviewed by Instructor)

Kayak camping and touring

- What is kayak camping
- What is touring
- Advantages and disadvantages of traveling by kayak

The paddling environment

- 4 W's: Wind, Waves, Weather, Water



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Trip planning and leadership

- Selecting appropriate locations, route, shuttling, and paddling equipment selection
- Assessing group and individual paddling capabilities
- On-water group management (lead and sweep concepts, other group formation concepts)
- Leader's responsibilities, permits, use fees, reservations, registered guides or licensed trip leaders and other state requirements

Equipment

- Kayak: types, parts, materials
- Paddle: types, parts, materials, sizing, hand position (straight and bent shafts)
- Camping gear: tarps, tent, sleeping gear, stove, cooking and food prep items, illumination, sunscreen, insect repellent, tools, repair kit, water filter
- Gear storage: dry bags and gear bags
- Lifejacket (PFD): types, materials, fit
- Safety equipment: first aid kit, tow rope, contact tow
- VHF radio
- Personal locator beacons (PLBs)/SPOT
- Signaling and light requirements
- Optional equipment and outfitting

Wilderness repairs and maintenance

- Boat, paddle, tent, other essential equipment (tools, wire, duct tape, etc.)

Loading and trimming

- Packing gear bags and storing in the kayak
- Securing gear, balancing
- Trim: upwind, downwind, upstream, downstream beam wind

Getting started

- Warm up and stretching
- Personal clothing and equipment
- Kayak carries (shoulder, overhead and "suitcase")
- Launching / landing from shore or dock



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Paddling on large bodies of water

- Group management
- Paddling in wind and waves
- Weather considerations: lightning, strong winds, rain, severe weather, weather sources and interpretation
- Boat traffic

Safety and rescue

- Responsibility: group, individual, rescuer, victim
- Rescue priorities: people, boats, and gear
- Rescue sequence: (RETHROG: reach, throw, row, go)
- Signals: whistle, paddle, and hand
- Group management and communication
- Cold shock, hypothermia: HELP/HUDDLE, clothing
- Hyperthermia: hydration, clothing
- Controlled capsizes
- How to empty a loaded boat full of water
- Assisted rescues
 - Boat over boat rescue (T / TX)
 - Side by Side (or parallel) rescue
 - Rafted rescues
- Re-entry
 - Self and assisted
 - Heel hook
 - Rescue sling
- Towing a swimmer/boat
- Tow rope use

Dealing with hazards

- Surf landings
- Rocky landings
- Fog

Navigation

- Map / chart reading
- Compass
- Basic navigation (dead reckoning, piloting, plotting)
- Aids to navigation



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- Rules of the nautical road
- Basic GPS Use

Making camp

- Selecting a campsite, tent pitching, tarp rigging
- Stove use, fire pans, fire building, wood gathering
- Waste disposal considerations
- Wilderness food storage
- Water purification

Environmental concerns and practices

- Pack it in, pack it out
- Waste disposal
- Local practices and expectations
- Leave No Trace concepts

Conclusion and wrap up

- Group debrief / individual feedback
- Course limitations
- Importance of first aid and CPR
- Importance of additional instruction, practice, experience
- Importance of appropriate level of safety and rescue training
- Life sport / paddling options
- Local paddling groups / clubs
- Handouts / reference materials
- ACA membership
- Course evaluation
- Participation cards