



## Is this the right course for me? Advanced Sea Kayak

The Advanced sea kayak course is for experienced sea kayakers who want to develop their skills, tactics, judgement and confidence in more challenging sea conditions. The day will be spent in rough water improving your paddling performance. Depending on your ability and the conditions you may or may not complete the award on the day.

### Aims

The Advanced sea kayak course endorses your judgment, decision making and expertise and requires a good understanding of paddling on the sea. Your coach will aim to improve your confidence in planning and undertaking journeys on the sea in winds up to and including force 4 and/or tides up to 2 Knots, in a sea kayak or specific sit on top.

### Content

The day will be spent developing a variety of skills in moderate water conditions on the Jurassic coast. This will include strokework and rescues in addition to tactics, judgement and incidents.

The best location for the day will be chosen on the local conditions.

### What Will I Need?

You are welcome to use your own equipment. WOEK has a variety of clothing and equipment for you to use included in the price of the course. For full details see the general information page.