



## Is this the right course for me? IMPROVER SEA KAYAK

If you are already paddling on the sea and want to improve your skills, this is the course for you.

### Aims

The Improver Sea Kayak course is designed for paddlers looking to develop their skills for a safe day paddle on the sea. To attend the course you need to have mastered the fundamental kayaking skills and have completed a number of journeys on the sea in force 3 conditions.

### Content

The Improver Sea Kayak course endorses your skill, judgment and the decision making required for a successful day on the sea. We hope that by the end of the day you will be more skilled and confident in your sea kayak undertaking journeys on the sea, in winds up to and including force 3 and/or tides up to 1 Knot.

The day will be spent developing a wide ranging skills on a beautiful day paddle along the Jurassic coast.

The coach will develop some of the fundamental sea kayak skills of forward paddling, maintaining direction and changing direction. They will also help you to improve your navigation, rescue and journey planning skills.

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. WOEC 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.