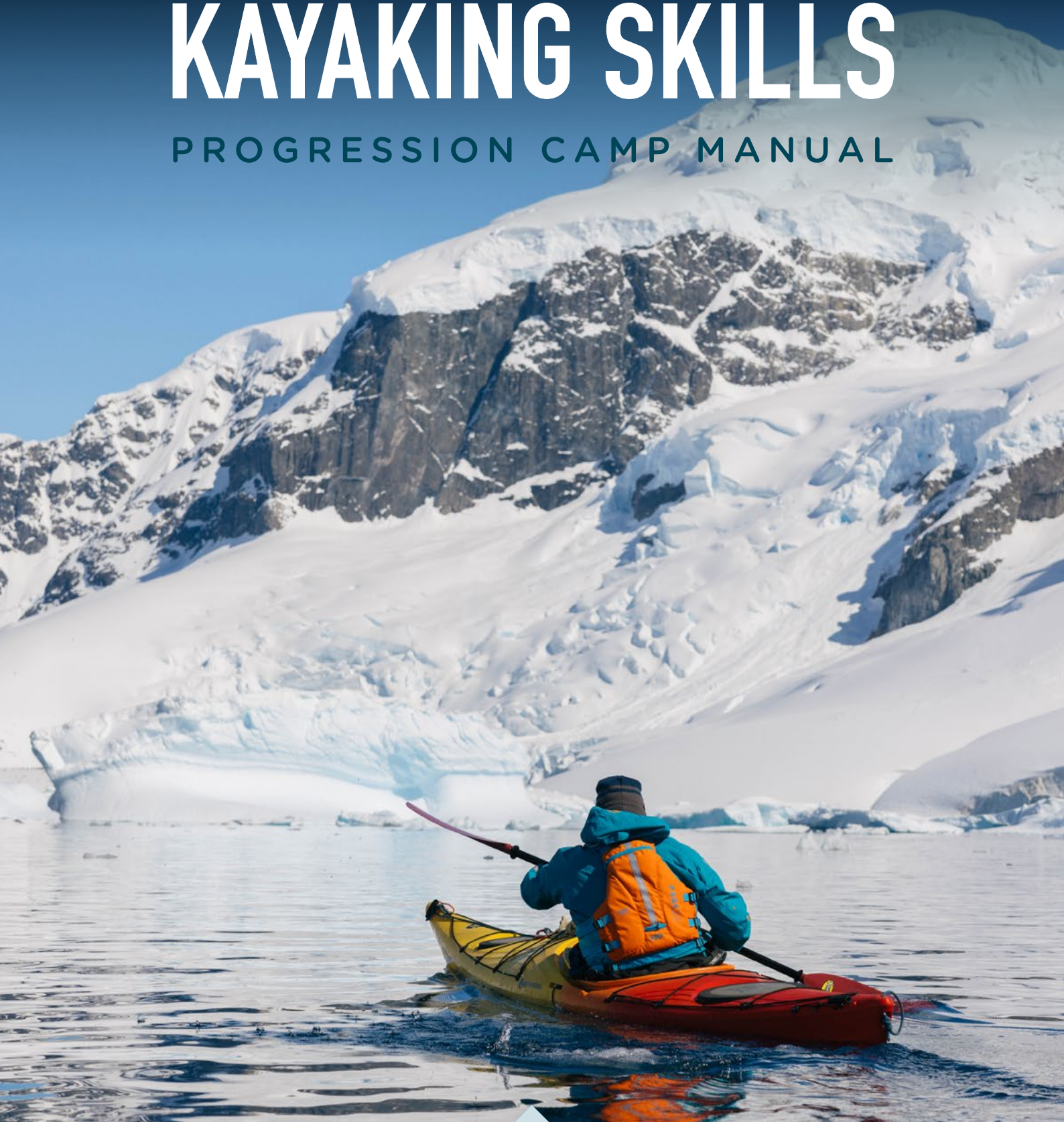




# KAYAKING SKILLS

PROGRESSION CAMP MANUAL



**OCEANWIDE**  
EXPEDITIONS

## KAYAKING SKILLS PROGRESSION CAMP

On this programme we offer experienced kayakers to learn and refine their skills in some of the world's most beautiful places.

These areas provide unique challenges, experiences and learning that cannot be found elsewhere such as paddling through brash ice, around icebergs or being accompanied by the area's wildlife.



**We aim for participants to undertake at least 6 sessions over the course of the voyage, these will vary in duration depending on sites visited.**

1. Trip planning: our expert guides will share important sea kayaking planning principles. Together we will access and apply information sources to undertake safe coastal sea kayak journeys.
2. Sea kayak safety: we will explore sea kayak safety tactics, including group dynamics, problem avoidance, rescue techniques and equipment concerns.
3. Efficient travel: we will develop forward paddling techniques for comfort and efficiency in varied conditions. We will share tips for injury avoidance, economy of effort and effective boat control.
4. Maneuvering: we will develop turning skills in wind and waves, introduce skeg use, and will explore maneuvering options in confined areas.
5. We will complete a series of inspiring coastal journeys, applying and developing coastal sea kayaking skills. These experiences will be a great foundation for your future independent paddling adventures.
6. Hazard identification- safe navigation around icebergs and glaciers, wildlife identification, paddling through ice, in shallow water and preparing for the quick changes in weather conditions experienced in these regions.

Participants should have previous kayaking experience and be physically capable of getting in/out a kayak from inflatable boat.

The guides onboard may not allow participation of guests that do not demonstrate competence in the grounds of safety. We have a range of equipment available onboard but guest larger than XXL should contact their agent, it is possible to bring your own dry suit and equipment. Kayak manufacturers guidelines will be followed.



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