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| **UNIT** | **Intro to Kayaking Orientation** |
| **Date** |  |
| Level | Novice |
| **Objectives** | **To provide novices the basic knowledge to the different genres of kayaking and of safety of paddling.**  |
| **Safety** |  |
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| **Activities** | 1. **Introductions**
2. Who is KCKA
3. Mission/Code of conduct
4. Intro of group
5. **Difference between canoeing and kayaking**
6. **Types of Kayaks**
7. Recreational/exercise
8. Fishing
9. Exercise
10. Touring
11. Sea kayaks
12. Whitewater
13. Sit on tops
14. Inflatable
15. Tandem
16. Pedal kayak
17. Tandem
18. **Picking the right boat for you?**
19. What are you going to use it for the most?
20. Length-Tracking and steering (Rudders or a skeg)
21. Fit (can you lift it?) Cockpit size,
22. Comfort, seat, padding, (sit in a boat for 10 minutes)
23. Stability
24. Cargo capacity/Weight limit
25. Material-Plastic, fiberglass, wood, composite, kelvar
26. Skirting-Men wear them too! Types, needs
27. Paddles and picking the right one for the right boat
28. Type: Speed, whitewater, endurance, recreational, cost
29. Material
30. Weight
31. Length
32. Protecting your investment/what not to use a paddle for!
33. Paddle grips, strokes, forward, back, turn
34. Staying relaxed-Shoulders down, relaxed stroke

**SAFETY**1. **Safety gear needed-**
2. Life jacket-NOT AN OPTION
3. First-aid kit
4. Hat-A paddlers personality!
5. Gloves or hand protection
6. Comfortable water wicking clothing- Prevent Chaffing
7. Specialized paddling clothing
8. Sunscreen
9. Sunglasses
10. Water
11. Food/snack
12. Throw rope
13. Whistle
14. Bilge pump
15. Paddle float/one person reentry
16. Compass
17. Night paddling: White light/glow stick/head lamp
18. Dry bag with extra clothes/rollover
19. Secure equipment
20. Proper foot protection: Neoprene, water shoes, sandals
21. Fire starter-Hyperthermia
22. **Safety Concerns of paddling**
23. Drink responsible-No different than driving a car
24. Types of entering and exiting a boat, identifying how steep the bank is and is the water moving.
25. Weather (wind, lightening, heat, cold), need a skirt
26. Currents-Rivers or lakes
27. Maps-planning
28. Float Plan-Letting people know where you at before you paddle
29. Self-Rescue-Practice upright boat, bilge,(paddle float, cowboy-back)
30. Strainers-logs, underwater objects, over-hangs
31. Wildlife-Snakes, spiders, jumpin fish
32. NEVER LEAN to the SIDES.
33. Practice, Practice, Practice
34. COMMON SENSE
35. Murphy’s law
36. **How to lift a boat**
37. **How to transport a boat and secure to vehicle.**
38. Rack types, Back of truck, trailer
39. Rope on Front (Always)
40. Straps/rope over top (tie ends) safety/scratcht paint
41. **Discussion about each style of boats and how they are outfitted and different terminology of each.**
42. **Question and Answer**
43. **Paddle Kansas books for sale**
44. <http://www.kansascanoe.org/>
45. **Thank you**
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