



Course Expectations:
Intro to Sea Kayaking

INSTRUCTOR NAME: _____ QUARTER: _____ DATE: _____

STUDENT NAME: _____ PASS PLAN OF IMPROVEMENT

- Attendance of each day of class with punctuality**
- Abides by all MAC Facility Rules**
 - Proper wearing of lifejackets
 - Proper equipment care & rigging knowledge
 - Respectful demeanor
- Complete **written test** based on: terminology, towing, equipment, paddle and whistle signals, open ocean safety and awareness, water conditions, paddling strokes, the T-rescue, etc.
- Proper gearing up and de-gearing of boats and equipment**
 - Knowledge of how to check and secure hatches
 - Can gear up and de-gear vessel without assistance from instructors
 - Puts all equipment away properly
- Proper Launching & Docking**
 - Gets on/off or in/out of a sea kayak independently or with a reasonable amount of assistance.
 - Checks for oncoming traffic and shows awareness of surroundings
 - Appropriately determines where and when it is safest to dock.
- In order to pass Intro to Sea Kayaking, you must safely execute the following sea kayaking maneuvers:**

- Perform a Wet Exit**
Demonstrate control when exiting a kayak
Clear communication with "3 hull taps"
Maintain contact with boat and paddle
- Open Ocean Assisted Rescue: T- Rescue**
Rescuer and participant must work together to right a capsized kayak. Pair should demonstrate communication, stabilization, and paddle management. Demonstrates the rescue as both rescuer and participant.
- Open Ocean Unassisted Rescue: Paddle Float Rescue**
Ability to right a capsized boat and to board the boat from the water.
Participant should demonstrate communication, stabilization, and proper paddle management.
Successfully stabilize and bail kayak.

- Student has the ability and skill set to paddle safely to Venice Pier and back in a reasonable amount of time.**
Keep boat relatively straight while paddling on the open ocean.
General understanding of Forward, Back, Sweep, and Draw strokes.
Familiarity with concepts of Bracing and Edging.
- Follows directions of Instructor/TAs and maintains calm demeanor**
Reacts appropriately and quickly to outside influences.
Demonstrates awareness of other vessels and individuals on the water.

Comments (continued on back if needed): _____

Additional Comments:

Next Steps after taking Intro to Sea Kayaking:

- If you passed the class:
You are now eligible to rent a Sea Kayak in up to 12 knots of wind. Qualified kayakers may also register for any Roll Workshop on campus and any Kayak Outing – Half Day Paddle at the MAC. Please visit recreation.ucla.edu/mac for current rental hours and information.
- If you received a Plan of Improvement:
There are a few options to continue your kayaking education. Based on your ability to complete the course expectations (outlined on front of this sheet) and with instructor recommendation, you can decide which option works for you.
 1. **Private or Semi-Private Lessons:** If you are deficient in one area, need more practice with certain maneuvers, or would benefit from individualized instruction, please contact the MAC office to schedule a private lesson. We recommend a minimum of 2 hours, but cannot guarantee that you will be able to complete all course requirements in that time.
 2. **Retake Intro to Sea Kayaking with a 50% discount:** If you feel that you would benefit from additional class time and repeat instruction, you are eligible to retake the weekend course at 50% off. Please contact the MAC office to schedule.
 3. **If you need to complete either an open ocean assisted rescue or unassisted rescue only:** You will need to coordinate with the MAC office to arrange a weekend where you will join in with another Sea Kayaking class to complete the rescue drills.

MAC Office Contact Information: Please call 310.823.0048 or send an email to mac@recreation.ucla.edu