



# Course Calendar

## 2017—2018

**Paddle SA conducts courses from entry level to Instructor for paddlers of kayak, canoe and sit-on-top (SOT)**

### Get into Paddling

A half-day course to give you the essentials for safe, efficient kayak and sit-on-top paddling

The course covers:

- Boats and equipment
- Efficient paddle strokes
- On-water safety.

The course is held at Paddle SA, Aquatic Reserve, Bower Road West Lakes, 9:00 am to midday.

Cost: \$65, including equipment hire

#### Calendar

October 7, 8, 14  
November 11, 12  
December 10  
January 2018 6, 13  
February 3, 4  
March 3  
April 7, 8

There is no formal assessment in this course.

### Flatwater Skills

A course with one day on the water and a half-day theory session, to develop the skills for competent paddling as a group member on flat, sheltered water. Flatwater Skills is a prerequisite for leadership Awards.

The course covers:

- Boats and equipment
- Efficient paddle strokes
- Weather and navigation
- On-water safety: rescues and towing.

The course is held at Paddle SA, Aquatic Reserve, Bower Road West Lakes, Saturday 1:30–4:30 pm, Sunday 9:00 am–4:00 pm.

Cost: \$190 (members) \$210 (non-members), including equipment hire

#### Calendar

October 7, 8  
December 16, 17  
January 2018 15, 16  
April 14, 15

### Assessment

Assessment for all awards requires experience recorded in a log, an assessment project and an on-water assessment. Assessments conducted on Paddle SA or club events where an Assessor is present will be at no cost. For separate assessments, the fee is \$300, plus, for Lifeguard, Guide and Instructor, a Paddle SA fee of \$150

### Flatwater Lifeguard

A two-day course for people seeking to manage a paddling activity in enclosed situations, performing rescues as required, where the group under supervision can be seen from a single vantage point at any time and does not leave the immediate launch area. Prerequisite: Flatwater Skills.

The course covers:

- Efficient paddle strokes
- Leadership and risk management
- On-water safety: rescues and towing.

The course is held at Paddle SA, Aquatic Reserve, Bower Road West Lakes, 9:00 am to 4:30 pm.

Cost: \$250 (members) \$270 (non-members), including equipment hire

#### Calendar

October 9, 10  
January 2018 17, 18  
April 16, 17

### Registration

Skill and leadership awards are registered with Paddle Australia, with leadership awards reregistered every three years:

Flatwater Skills: \$20  
Flatwater Lifeguard: \$90  
Flatwater Guide, Instructor: \$170

**For more information on all courses contact Paddle SA:**

PO Box 281 Port Adelaide 5015  
8240 3294, sa@canoe.org.au  
sa.canoe.org.au

**Register online at [sa.canoe.org.au/education](http://sa.canoe.org.au/education)**

## Flatwater Guide and Instructor

A four or five-day course, including Lifeguard, for people seeking to lead trips on inland waters (Guide: four days) and teach the skills of inland paddling (Instructor: five days):

Days 1, 2: Lifeguard

Day 3: Guide and Instructor

Day 4: Day paddle

Day 5: Instructor

Prerequisite: Flatwater Skills

The course covers:

- Efficient paddle strokes
- Instructional theory
- Group management and communication
- On-water safety: rescues and towing.

The course is held at Paddle SA, Aquatic Reserve, Bower Road West Lakes, 9:00 am to 4:30 pm.

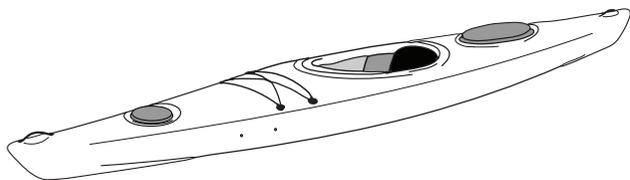
Cost: Flatwater Skills, Lifeguard and Guide or Instructor courses taken together: \$500

### Calendar

October 9–13

January 2018 15–19

April 16–20



## Group Assessment Day 2018

Assessments for Flatwater Lifeguard, Guide and Instructor will be held at West Lakes on Sunday 11 February.

Contact Paddle SA for details.

## Sea Kayaking

Two series of workshops for sea paddlers, one at Introductory level, the other leading to the Paddle Australia Sea Skills Award, and monthly activities on a range of topics.

### Introductory Skills

A three day course covering:

- Boats and equipment
- Efficient paddle strokes
- Weather and navigation
- On-water safety: rescues and towing.

Venues will vary according to conditions and intended session outcomes.

Cost: \$375 (with own equipment), \$450 (with equipment hire)

Dates: 22 October, 5 and 19 November

### Sea Skills

A three day course plus two day overnight trip, with some rolling sessions.

Cost: \$625 (plus equipment hire if required)

Dates: 18 February, 4 and 18 March, 14 and 15 April (overnight)

### Sea Activities

Monthly activities, on the final Sunday of the month, with a range of theoretical and practical topics. Check the website for topics and venues.

Cost \$10 (Club members), \$40 (non members)

## Other courses

Other courses — Coastal Skills–Sit-on-Top, Coastal Guide–Sit-on-Top, Sea Leader, Sea Guide, Sea Instructor, Rolling — can be arranged..

