

Rock and Roll 2017 Training Schedule

Training	Time	Timing	Where	Details	Location	Grade	Instructors	Numbers
Saturday								
Boat Handling Skills	AM		Water	For those relatively new to sea kayaking learn how to improve your boat handling and turning skills. These elements will set you up for all your future kayaking.	Base: Beach opposite Caravan Park.	Gr 1-2	Karen Darby	6 to 8
Skills Based Trip	AM		Water	This will be a skills training on the way to the Islands. Tell Mark what specific areas or skills you want to cover as you paddle to the Tollgates.	Base to Tollgates return.	Gr 2-3	Mark Sundin	6 to 8
A Gentle Introduction to Rock Gardens	AM		Water	Introduction and gentle exercises in mock rock gardens with some simulated wave action (dialled up according to participants comfort and skill level). A great session for developing your boat control skills in active water in confined	Base: Beach opposite Caravan Park.	Gr 1-low 2	Caoimhin Ardren	6
Introduction to sailing	AM		Water	This session is for those that are relatively new to sailing or want some help to improve sailing technique. I will cover sail setup, skills required, safety and hints and tips. Bring your kayak and sail all setup ready to go.	Batemans Bay area between Base, Reef Point and Caseys Beach	Gr 2-3	Matt Bezzina	4 to 6
First aid training	PM	4 to 5pm	Land	Basic 1st Aid session relevant to all Kayakers given by an AC accredited sea leader and professional first aid instructor. 1hr session	TBD	All	Phil McDonnell	
Rescue Challenge workshop	PM	2 to 3pm	Land	Workshop on rescue techniques	TBD	All	Rob Mercer	10 to 12 max 20
Rescue Challenge	PM	3 to 4pm	Water and Land	This session will be prefaced by a workshop on different rescue techniques. The challenge consists of mixed ability teams will perform rescues in a number of scenarios while racing against other teams, simulating 'real' situations. Each team will have a wide spread of skills from G1 to G3 and beyond. This is a great way to learn from 'experience' and try out what has been covered in the workshop. Spectators welcome to watch and learn as well e.g. those too tired to participate as everyone can learn from this session.	Base: Beach opposite Caravan Park.	All	Rob Mercer	10 to 12 max 20
Navigation training session.	PM	5 to 6	Land	briefing for the following days activities	TBD		Adrian and Russ	
Sunday								
Exploring rock gardens and caves	AM		Water	A training trip to paddle some simple rock gardens and a cave or two.	Batemans Bay area between Base, Reef Point and Caseys Beach	Gr 2-3	Caoimhin Ardren	4 to 6
Surf Skill Basics	AM		Where Water meets land.	Surf skills for those new to paddling and new to surf, not paddlers approaching sea skills. Training content depends on surf provided on the day.	Base to any of the beaches listed on trips depending on conditions.	Gr 1-2	Dave Fisher	3

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Navigation training exercise.	AM		Water and Land	<p>A hands on session along the lines of the Sunday session of the weekend navigation course run at Port Stephens for the last 5 years. It will be on the water and interactive with real navigation exercises to complete. Bring all your navigation equipment and waterproof chart cases.</p> <p>This session will require you attend a briefing the day prior of approx. 1hr duration.</p> <p>There will also be a small cost of less than \$10 to cover the cost of printing charts.</p>	\$7 cost for maps 1 hour's briefing session on the evening before.	Gr 1-3	Adrian and Russ	8
Assisted and self rescue skills	AM		water	What to when we capsize, we will practice the basics in sheltered water to refine techniques.	Base: Beach opposite Caravan Park.	Gr 1-2	Campbell Tilley	6 to 8
Advanced rescues and towing	AM		water	We will cover different kinds of rescues and advanced rescues in flat and roughwater.	Batemans Bay area between Base, Reef Point and Caseys Beach	Gr 3, leaders	Josh Andrews?	6 to 8
How to pack for an expedition or trip.	PM	2 to 3 pm	land	<p>If you find packing your kayak a hassle then this session is for you. What to bring, where to put it and how to distribute it in your kayak will all be covered.</p> <p>No need to book just turn up.</p>	n/a	all	Dee Ratcliffe	Any
Workshop on paddle selection.	PM	3 to 4pm	land and water	<p>This session will explain the pros and cons of different blades and then allowing time for some systematic structured testing in shallow water just off the beach.</p> <p>No need to book just turn up.</p>	Beach opposite Caravan Park.	All	Rob Mercer	10
Preparing For Sea Skills	PM	4 to 5pm	land	<p>This session is aimed at grade 2s who are aiming for Sea Skills (Grade 3) sometime in near future. The objective of the info session is to explain what is involved with the Sea Skills assessment: what skills are required to be demonstrated; what knowledge is</p>	n/a	Gr 2	Dave Fisher	6 to 8
Improving balance	PM	4 to 5pm	Land	<p>Kayaking requires good balance and this can be improved. This is an interactive session using a rope set up will allow you to try out you balance and see if you can improve it and your kayaking as a result.</p> <p>No need to book just turn up.</p>	n/a	All	Matt Bezzina	Any