University of Wisconsin - Stout
STOUT ADVENTURES

Kayak Deep Water Safety Course Outline

Cover the five W's

1. Weather:
   - Where can I get reports?
     - NOAA
     - Internet / TV
     - Marine Band Radio
     - Locals (Coast Guard, or NPS)
   - What environment are you in?
   - What direction do most systems come from?
     - Summer time in Midwest = South by South West
     - Winter time in Midwest = North by North West
2. Wind:
   - Knots vs. MPH
     - 5 knots = 5.8 mph
     - Beginners will not have fun in wind over 20 knots
   - What is Fetch?
     - Distance wind has to travel over open water
   - What direction is the wind coming from?
     - When radio says winds are "5-10 knots South by South West" they mean that the winds are coming OUT of the South South West.
   - What direction is the wind headed?
3. Waves
   - Clappatis effect
     - Usually occurs along jagged shorelines – very dangerous
   - How do I measure the waves from a sea kayak?
     - Water to Hips = 1 foot
     - Hips – Arm Pit = 2 foot
     - Arm Pit – Head = 3 foot
     - Beginners will not have fun in 3 foot waves
   - What is safe for me to paddle in?
     - 3 foot and under
   - What is a following sea?
     - A sea that comes from behind you and pushes you forward.
     - Can be dangerous and cause broaching (flipping)
4. Water
   - Temperatures
     - Hypothermia and wetsuits
   - Sun and reflection (skin, eyes)
   - Clarity
   - Fresh vs. Salt

5. Waterfront
   - Where the water meets the shore
   - Submersed objects (ship wrecks, rocks, logs, docks)
   - Shoreline (marinas, harbors, piers, sea caves)

6. Wildlife
   - Marine and Land
   - Rookeries and nesting grounds
   - Food protection
   - Insects

7. We-sources
   - Rescue techniques
     - Self Rescue
     - T-Rescue
     - Roll
   - On water communications
     - Establish before launching a trip
     - Marine band radio communications
   - Safety equipment
     - Inspect all gear prior to departure
     - Paddle float, bilge pump, tow line
     - Lighting & reflective gear for night paddles

Practice Skills

1. Anatomy of a sea kayak
2. Equipment and proper terminology
3. Paddle Techniques
4. Wet Exit (Dry Land introduction)
5. Wet Exit (On Water)
6. Self Rescue with float and pump
7. “T” rescue with partner