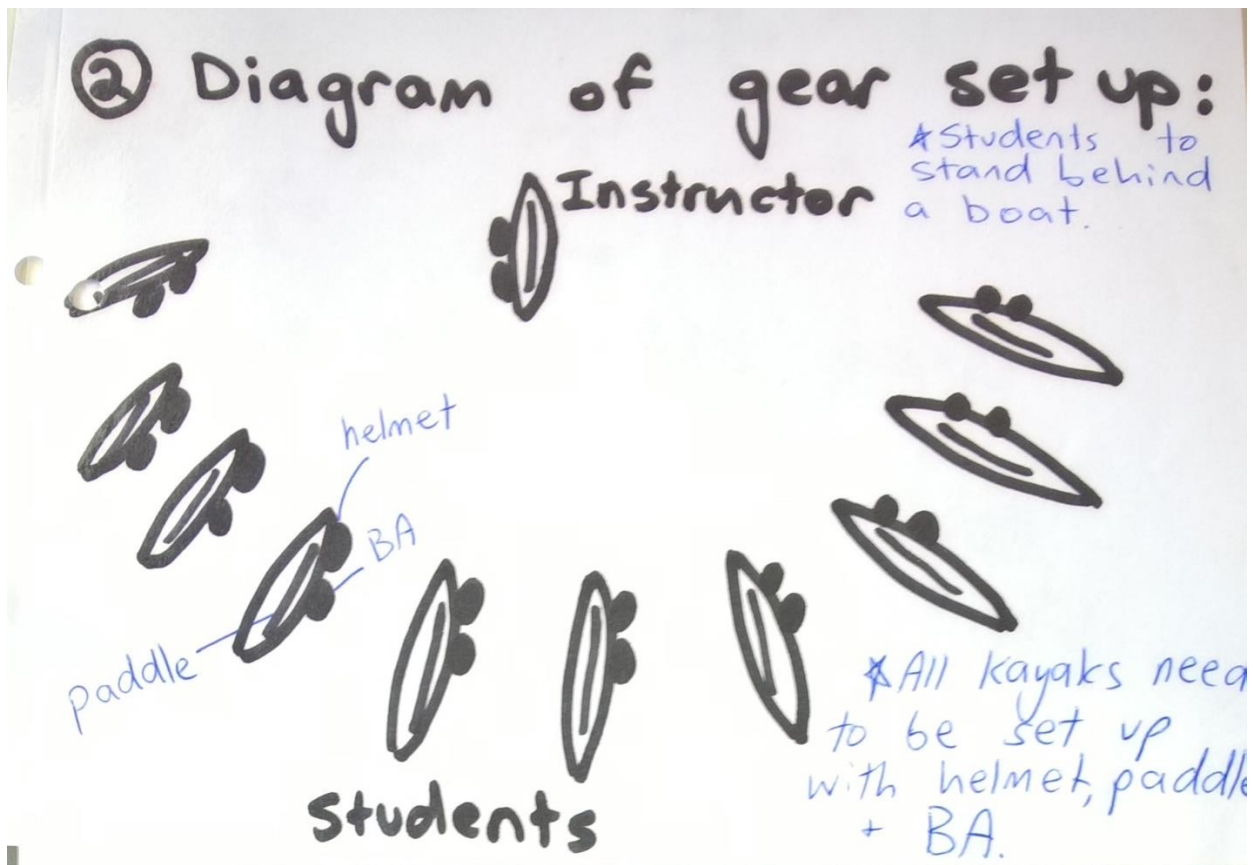


Kayak AMP (sit on and closed cockpit)

Gear check:

- Shoes
- Togs
- Shorts
- Thermal/fleece (if required)
- Sunscreen
- 1st aid kit
- Whistle

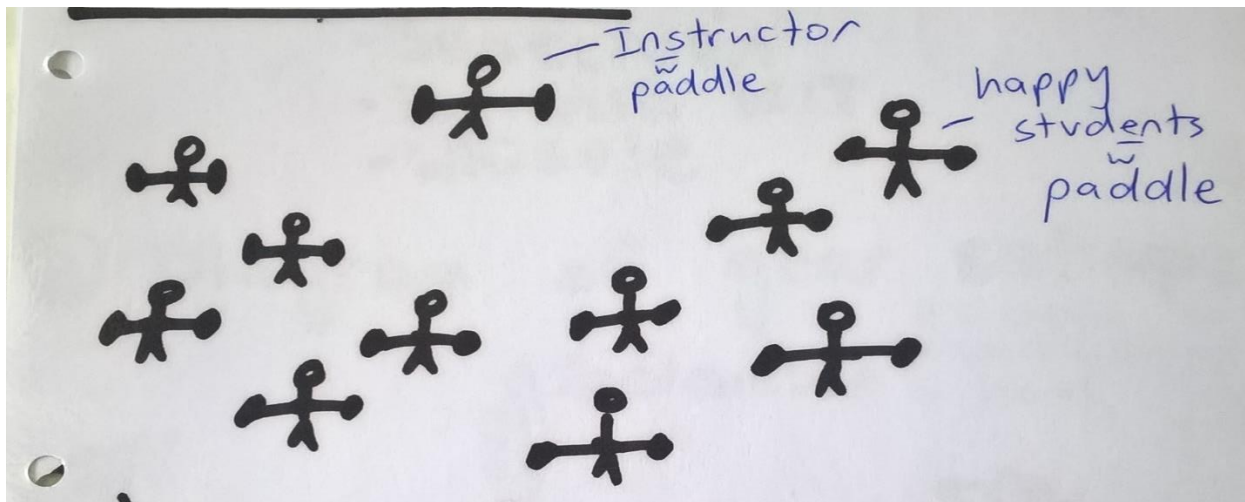
Diagram of gear set up:



Kayak briefing:

- Demo BA & helmet fitting
- Students put on BA & helmet
- Students line up, instructors to check everyone

Paddle briefing



1. Name of paddle parts: (Shaft & blades)
2. Box with hands & shoulders
3. Right hand tight on shaft, left hand loose: (twist paddle like a motorbike throttle, Brmmm Brmmmm!)