

## Essential Eligibility

Sea Kayak Specialist (SKS) programs are open to individuals with a wide range of abilities. If you have special needs or questions, please call in advance. Participants need to meet the class specific requirements listed to participate in this class. In registering for this course, the participant acknowledges all of the requirements are met for this class. Participants need to be:

1. 18 years or older.
2. Able to manage all personal care and mobility independently or with the assistance of a companion who accompanies the participant.
3. Able to get in and out of a kayak independently or with assistance of a companion.
4. Able to wet exit a kayak independently.
5. Able to re-enter the kayak following a capsize, with the assistance of one other boat. Any additional assistance, if required, must be from a companion who accompanies the participant.
6. Able to control a kayak, paddling safely on flat water.
7. Physically fit with the endurance and strength to paddle up to 8 hours a day.
8. Have a current ACA membership and Coastal Kayak instructor certification.

## Stroke Review

Prior to the workshop, review the components of the following strokes as you would teach it to a class of beginners. We will go over this material the first day of the course.

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Forward       | <input type="checkbox"/> Reverse sweep       | <input type="checkbox"/> Sculling draw |
| <input type="checkbox"/> Power Forward | <input type="checkbox"/> Draw – out of water | <input type="checkbox"/> Low brace     |
| <input type="checkbox"/> Stopping      | recovery                                     | <input type="checkbox"/> High Brace    |
| <input type="checkbox"/> Reverse       | <input type="checkbox"/> Draw – in water     |  |
| <input type="checkbox"/> Forward sweep | recovery                                     |  |

## Questionnaire

Answer the following questions and email your response to [Sam@SeaKayakSpecialists.com](mailto:Sam@SeaKayakSpecialists.com) at least 1 week prior to the workshop. Your participation helps to tailor part of the Update to the participants. In your answers you might consider areas such as; teaching experience, personal on-water and/or modeling skills, technical knowledge, interpersonal skills, rapport with students, etc.

1. What motivates you to teach sea kayaking?
2. What are your strengthes as an instructor?
3. How are you challenged as an instructor?
4. What are three topics you would like to see covered during the Update? (Please understand we may not cover all these due to time constraints.)