

# North Wales Sea Kayaking



## Sea Kayaking Courses

(Improver, Dynamic, Classics, Advanced, Incident Management, some bespoke)

**Some experience required**, (check each course page for further details)

### Learning outcomes

Personal development:

- Self-reliance
- Perseverance
- Risk management

Social development:

- Teamwork
- Communication

Skill acquisition:

- Sport- specific
- Transferable skills

Fundamentals of sport:

- Agility
- Balance
- Coordination

### Typical session structure

The session will start with a meet up at 9am and an introduction to the session with a laying out what is to be expected, including a health and safety and social distancing/COVID-19 briefing. Participants will then be given some coaching points that will aid their knowledge for the activity and Steve (or an alternative instructor), will discuss your goals and required achievements/requirements, you wish to get from the course.

### What to wear

Good weather – A base-layer, and usual kayaking kit (paddling cag/wetsuit), lightweight clothing and shoes (trainers or wet shoes – not wellies or hiking boots). Remember sun cream when it's sunny.

Poor weather – A good base-layer/thermals. A dry suit or long johns/cag. Trainers or wet shoes. Extra base layer, a change of footwear, spare clothes and a towel. Warm clothing/hat to wear during lunch and a dry bag or similar to put them in.

### Food/Drinks

You will be out in the kayaks all day and we will be stopping at a beach for lunch. Bring a packed lunch and drinks and snacks to sustain you throughout the day and keep your energy levels up, so you get the most from the experience.

**Venue**

We will be in touch a day or two before the activity to confirm the venue, as the weather and sea conditions will be checked, so we can choose the best location to suit your level.

**Instructor**

Steve Miles, the owner of North Wales Sea Kayaking will likely be your instructor on the course, however occasionally we bring in other experienced, qualified and knowledgeable sea kayak guides familiar with Anglesey. We will inform you as soon as possible if you have someone other than Steve, if you specifically want Steve to run the course for you, please let us know at the time of booking.

**Kayaks**

Most sea kayakers bring their own kayaks. If you are unable to bring your own boat, please let us know and we will arrange the hire of boats for you. Prices for kayak hire are £25 per boat per day.

**Timings**

Steve will meet you at an agreed location at 9am, following the morning briefing and time on the water, you will have a lunch break on the beach, before spending the afternoon kayaking again. Depending on how you are feeling, you can expect to be off the water by around 4 – 4.30pm.

If you have any queries which have not been covered in this information, please get in touch by e-mail: [info@stevemillesseakayaking.co.uk](mailto:info@stevemillesseakayaking.co.uk) or call Steve on 07713 753107.

We hope to see you on the water soon!