

North Wales Sea Kayaking

Explorer Day Sit-on-top sea kayaking



Essentially a giant float, that you can sit on, which is shaped for good stability, tracks in a straight line and fits virtually anyone.

For this activity you can choose from playing paddle games, standing up and paddling, going for a journey or even just simply learning more about how to move the boat about – picking up new skills.

No previous experience required

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 issuing kit (wetsuits, buoyancy aids and helmets) and an introduction to the session, laying out what is to be expected, including a health and safety brief. Participants will then be given some coaching points that will aid their knowledge for the activity. Once coaching points have been achieved participants will then get onto the water to have fun under supervision and guidance of our instructor.

What to wear

Good weather – swimwear, lightweight clothing and shoes (trainers or wet shoes – not wellies or hiking boots). Remember sun cream when it's sunny.

Poor weather – a warm long-sleeved top for under the wetsuit (not cotton). Trainers or wet shoes. In case you go for a swim bring a change of footwear, spare clothes and a towel.

Waterproof camera optional