



pagaia



VIII SIMPÒSIUM  
INTERNACIONAL  
DE CAIAC DE MAR  
2019

**SATURDAY, April 13th**

Timing	Workshop	Level
<b>All day workshops split in 2 topics</b>		
6:45 to 8:00	Yoga	For all
8:45 to 9:30	Briefing	For all
10:00 to 13:00	Introduction to GRE paddle	Beginner
14:00 to 17:00	Introduction to rolling with GRE paddle	
10:00 to 13:00	Control your kayak, improve your edging	Beginner / Intermediate
14:00 to 17:00	Introduction to rolling	
10:00 to 13:00	Techniques and manoeuvres EUR paddle	Intermediate
14:00 to 17:00	Rescues EUR paddle	
10:00 to 13:00	Techniques and manoeuvres GRE paddle	Intermediate
14:00 to 17:00	Rescues GRE paddle	
10:00 to 13:00	Techniques and manoeuvres EUR paddle	Intermediate
14:00 to 17:00	Towing and contact tows EUR paddle	
10:00 to 13:00	Techniques and manoeuvres GRE paddle	Intermediate
14:00 to 17:00	Towing and contact tows GRE paddle	
10:00 to 13:00	Techniques and manoeuvres EUR paddle	Intermediate / Advanced (able to roll)
14:00 to 17:00	Self-rescues and rolling in conditions EUR paddle	
10:00 to 13:00	Techniques and manoeuvres GRE paddle	Intermediate / Advanced (able to roll)
14:00 to 17:00	Self-rescues and rolling in conditions GRE paddle	
10:00 to 13:00	Techniques and manoeuvres EUR paddle	Intermediate / Advanced
14:00 to 17:00	Rock-hopping EUR paddle	
10:00 to 13:00	Techniques and manoeuvres GRE paddle	Intermediate / Advanced
14:00 to 17:00	Rock-hopping GRE paddle	
10:00 to 17:00	Introduction to surfski	Beginner
18:15 to 19:00	Stretching	For all



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**SUNDAY, April 14th**

Timing	Workshop	Level
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**morning workshops and afternoon workshops**

6:45 to 8:00	Yoga	For all
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9:00 to 9:30	Briefing	For all
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<b>Morning</b>		
10:00 to 13:00	Introduction to rolling EUR paddle	Beginner
10:00 to 13:00	Introduction to rolling GRE paddle	Beginner
10:00 to 13:00	Forward paddling EUR paddle	Beginner / Intermediate
10:00 to 13:00	Forward paddling GRE paddle	Beginner / Intermediate
10:00 to 13:00	Paddling with a GRE storm paddle	Intermediate / Advanced
10:00 to 13:00	Greenland rolling (different rolls)	Intermediate / Advanced
10:00 to 13:00	Bomb-proofing your roll	Intermediate / Advanced
10:00 to 13:00	Incidence management	Intermediate / Advanced
10:00 to 13:00	Group leadership	Intermediate / Advanced
10:00 to 13:00	Sharp turns	Intermediate / Advanced
10:00 to 13:00	Introduction to surfski	Beginner

<b>Afternoon</b>		
14:00 to 17:00	Balance and games	For all
14:00 to 17:00	Introduction to rolling EUR paddle	Beginner
14:00 to 17:00	Introduction to rolling GRE paddle	Beginner
14:00 to 17:00	Forward paddling EUR paddle	Beginner / Intermediate
14:00 to 17:00	Forward paddling GRE paddle	Beginner / Intermediate
14:00 to 17:00	Paddling with a GRE storm paddle	Intermediate / Advanced
14:00 to 17:00	Greenland rolling (different rolls)	Intermediate / Advanced
14:00 to 17:00	Bomb-proofing your roll	Intermediate / Advanced
14:00 to 17:00	Incidence management	Intermediate / Advanced
14:00 to 17:00	Group leadership	Intermediate / Advanced
14:00 to 17:00	Introduction to surfski	Beginner
18:15 to 19:00	Stretching	For all



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**MONDAY, April 15th**

Timing	Workshop	Level
<b>All day workshops split or not</b>		
6:45 to 8:00	Yoga	For all
9:00 to 9:30	Briefing	For all
<b>All day</b>		
10:00 to 17:00	Rock-hopping	Intermediate / Advanced
10:00 to 17:00	Incidence management	Intermediate / Advanced
10:00 to 17:00	Group leadership	Intermediate / Advanced
10:00 to 17:00	Expedition methodology	Beginner / Intermediate
10:00 to 17:00	Introduction to surfski	Beginner
<b>Split (m+a)</b>		
10:00 to 13:00	Navigation - theory	Beginner / Intermediate
14:00 to 17:00	Navigation - practice	
10:00 to 13:00	Techniques and manoeuvres EUR paddle	Intermediate
14:00 to 17:00	Rescues EUR paddle	
10:00 to 13:00	Techniques and manoeuvres GRE paddle	Intermediate
14:00 to 17:00	Rescues GRE paddle	
10:00 to 13:00	Techniques and manoeuvres EUR paddle	Intermediate
14:00 to 17:00	Towing and contact tows EUR paddle	
10:00 to 13:00	Techniques and manoeuvres GRE paddle	Intermediate
14:00 to 17:00	Towing and contact tows GRE paddle	
10:00 to 13:00	Techniques and manoeuvres EUR paddle	Intermediate / Advanced (able to roll)
14:00 to 17:00	Self-rescues and rolling in conditions EUR paddle	
10:00 to 13:00	Techniques and manoeuvres GRE paddle	Intermediate / Advanced (able to roll)
14:00 to 17:00	Self-rescues and rolling in conditions GRE paddle	
18:15 to 19:00	Stretching	For all