

WORKSHOP NAME & level	DESCRIPTION	OBSERVATIONS & MATERIAL (a part from basic: boat, paddle, pfd, spraydeck...)
Beginner		
Introduction to rolling GRE paddle	For those who are not yet able to roll, this is the opportunity to get started in rolling with the greenland paddle	Spare clothes. We suggest to also take a thermos with a hot drink, glasses and/or a nose clip
Introduction to rolling EUR paddle	For those who are not yet able to roll, this is the opportunity to get started in rolling with the european paddle	Spare clothes. We suggest to also take a thermos with a hot drink, glasses and/or a nose clip
Surfski	For those who want to get introduced to surfskis and its technique	The organization in collaboration with SK Kayak has surfskis for the workshop, you don't need to take your kayak
Beginner / Intermediate		
Control your kayak, improve your edging	We will learn how to get the best performance out of our kayak, gain control and improve our edging to achieve the most efficient turns	None
Forward paddling	We will review and practice the most efficient forward paddling	None
Intermediate		
Techniques and manoeuvres GRE paddle	We will learn different techniques to turn, move laterally, maintain direction, etc.	None
Techniques and manoeuvres EUR paddle	We will learn different techniques to turn, move laterally, maintain direction, etc.	None
Rescues and self-rescues	We will see different types of rescues and self-rescues. Get ready to get wet and go in the water!	Spare clothes, thermos with a hot drink, helmet
Self-rescues and rolls in conditions	We will practice towing and understand the situations where we may need them. With both on long towlines and contact tows	Towline and if you have one, contact tow
Perfecting your roll GRE paddle	We already know how to roll and we will improve the technique and make reliable	Spare clothes, thermos with a hot drink
Perfecting your roll EUR paddle	We already know how to roll and we will improve the technique and make reliable	Spare clothes, thermos with a hot drink
Improve your balance and confidence	We will challenge our balance in order to improve it and at the same time, gain more confidence	Spare clothes and willingness to challenge ourselves, maybe ending in the water
Experimenting with GRE paddle	Coralline will take us to experiment the effects of the Greenland paddle and the transmission of these effects to the kayak and/or the kayaker	None
Intermediate / advanced		
Techniques and manoeuvres GRE paddle	We will learn different techniques to turn, move laterally, maintain direction, etc.	None
Techniques and manoeuvres EUR paddle	We will learn different techniques to turn, move laterally, maintain direction, etc.	None
Rock-hopping	We will go into rock gardens and gullies, taking advantage of the strength of the water and we will put into practice the different techniques that we know	None
Greenland rolling (different rolls)	If you already know how to roll and want to learn new rolls that the Greenland paddle allows	Spare clothes, thermos with a hot drink
Self-rescues and rolls in conditions	We will review how to self-rescue and put it into practice in more exposed areas or with more conditions	Spare clothes, thermos with a hot drink
Incidence Management	We already know the techniques of towing and rescues and we will now put them into practice simulating possible scenarios encountered while guiding a group. Get ready to end up in the water sooner or later during the day!	Spare clothes, thermos with a hot drink, helmet, towline, contact tow and any material deemed appropriate
Group Leadership	We will learn theory and practice in group leadership	Necessary material as a group guide: during the course it will be discussed and reviewed
Paddling and techniques with storm paddle	We will get introduced to storm paddle, paddling technique and maneuvering	Storm paddle. If you don't have one, ask the organization if there is available to use
Storm rolls	Eiichi will make us evolve throughout the day in different storm rolls	Spare clothes, thermos with a hot drink
Everybody		
Expedition methodology	We will review different aspects to take into account when planning an expedition	None
Navigation - theory and practice	We will see the theoretical bases of navigation and we will put them into practice	Navigation material, if any: hand compass, deck compass, goniometer, pencil