

Originally designed for Eskimos to cross water whilst hunting, your single-handed kayak can get you out on Coniston Water, exploring the small bays and natural beauty of the area. We will teach you all of the skills needed to enable you to become a proficient kayaker.

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- Introduce the sport of kayaking and the necessary equipment.
- Allow each participant to experience kayaking.
- Allow guests to increase their water confidence.
- Provide an opportunity for participants to discuss what they have accomplished

Learning Outcomes...

Upon completion of the activity, participants will have:

- Shown the ability to listen to, understand and act on instructions received
- An awareness of hazards associated with kayaking.
- An awareness of the necessary personal protective equipment associated with kayaking and how to correctly wear it.
- An understanding of how to sit in a kayak ensuring correct points of contact and how to safely exit a kayak in case of a capsized.
- An understanding of how to correctly use a kayak paddle.
- A general ability to control their kayak including going forwards, backwards and turning.
- Gained confidence in taking part in a water sport activity.
- Participated in kayaking-based games.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

Progression...

Some participants may also:

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- Learn how to use a rudder to aid going forwards.
- Learn how to move a kayak sideways.
- Participate in an organised capsized drill (wet exit).

In addition, participants should also have developed in the following:

- Confidence
- Self-esteem
- Self-awareness
- Problem solving