



## Classic Clinic Skills Progression WO-Proficiency Level A

<b>Skills</b>	Boat Entry & Exit from a shoreline Paddle Grip Controlled Wet Exit Forward (100m) & Reverse (25m) Paddling in a straight line Forward & Reverse Sweep Strokes (through 360 degrees) Draw Strokes (Simple Draw) Low Brace – recovery from 30 degrees Edge Control – paddling boat on edge for 5m Low Brace Turns Bow Draw Turns Kayak Rescue – Self Rescue, “Kayak over Kayak”, T-Rescue
<b>Knowledge</b>	Choice of appropriate clothing and equipment for paddling Anatomy of the kayak, paddle, lifejacket, skirt and helmet Basic water safety

### “Learn to Paddle Guarantee”:

Esprit’s “Learn to Paddle Guarantee” for the Classic Clinic is that upon completion of the 2 day course, you will be able to perform the above proficiency level A skills/knowledge in a flatwater environment with confidence.

### Additional Skills Introduced on the Classic Clinic:

All the Proficiency Level A skills in moving water (class I-II)  
Eddy Turns (Bow Draw and Low Brace)  
Ferries (Forward and Reverse)  
Kayak Roll  
Hydrology & River Running Strategies