



Immersion Course Skill Progression WO-Proficiency Level A & B

Proficiency A Skills

- 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

Proficiency B Skills (Performed in class I-II whitewater)

- All the Proficiency Level A Skills
- Eddy Turns (Bow Draw and Low Brace)
- Ferries (Forward and Reverse)
- * Kayak Roll with a 50% success rate in flatwater
- Hydrology & River Running Strategies

Knowledge 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 Immersion Course is that upon completion of the 5 day course, you will be able to perform the above proficiency level A & B skills/knowledge in Class II whitewater with confidence. The Kayak Roll is excluded from this guarantee.