

2017 Delmarva Paddlers Retreat Tentative Class List and Descriptions

Forward Stroke Clinic – Greg Stamer will break down the components of the forward stroke and guide you towards paddling with power and grace. He will show you how to hold the paddle, guide you through each part of the stroke, show you how and when to use power, help you conserve energy, make your stroke more efficient and avoid common mistakes.

Basic Strokes – Learn the basic strokes using your Greenland paddle to control your kayak: Forward, Reverse, Sweep (for turning), Stopping and Draw strokes (for moving sideways). A good class to take if you are new to paddling with a skinny stick!

Edging and Bracing – Learn and practice controlling the kayak using your lower body, torso, arms and head. Use this knowledge to increase the effectiveness of your turns, make fine adjustments to correct your course and prevent capsizes. In addition to making you a more efficient paddler, these skills are important building blocks for learning to roll your kayak.

Advanced Strokes and Maneuvers – Learn to fine tune your paddling with these strokes: Low Brace Turn, High Brace Turn, Stern Rudder, Bow Rudder, Sideslip (hanging Draw). Draw on the Move, Sculling Draw. Basic knowledge of edging is a prerequisite for this class.

Rescues – SOF Rescues present some unique challenges. How to climb back in the ocean cockpit without flooding the boat? How to get a grip on it with no deck lines? We will review some tried and true techniques, while experimenting in search of new ones and having fun, getting wet, and saving each other!

Rescues without Wet Exiting – Learn to rescue and be rescued without getting out of your kayak. We will cover Bow and Stern Rescue, Paddle Rescue, Hand of Pavia, and Trapped Paddler (Hand of God) Rescue. These are potentially life-saving rescues that also serve as a useful means to save energy while learning to roll.

Towing – Learn and practice towing configurations and strategies for hard-shelled and skin on frame qajaqs. Single Tow, In-line Tow, Rafted Tow, Long and Short Tows, Contact Tow, towing in waves and through congested areas. Practice quick releases for safety.

Combat Rolling – Now that you have a reasonably reliable roll(s), put yourself to the test and learn where you really stand with rolling. Self-knowledge in this area is essential for your safety as a kayaker and this set of challenges is designed to safely push you to explore your limits. Each challenge increases in difficulty and duration until you have drained your resources in mind and body. If you can successfully withstand these challenges, you are truly “unsinkable!”

Basics of Qajaq Building w/ Anders Thygesen – During this half-day class, Anders will cover the basic things that you need to know to build a skin on frame kayak but can't get from a book. He will cover: kayak design, overall dimensions, hull shape and how to obtain beautiful lines; materials; steam bending; joinery and sewing.

Getting Into Skin on Frame Qajaqs (open sessions) – Spend some time trying out the fleet qajaqs under the helpful guidance of a mentor. Learn the proper way to get into and out of a qajaq. Get the inside line on sand etiquette and launching. Try a tuilik on for size. Wet exits from a skin on frame qajaq are a little different to perform than from a hard-shelled kayak, so we will carefully go through that part with you and step you through the process.

Packing your Kayak for a multiday trip – Packing a kayak for a trip is an art form; you need to choose the right storage equipment and be organized to know where things are, be able to quickly pack and unpack, have essential safety equipment at hand and do it in such a way to prevent becoming a “yard sale” on the water in the event of a capsize. This session will cover essential items to pack, how to store them and perhaps what not to take. Bring your camping gear and use the information to practice packing up your kayak. You are then encouraged to attend the Rescues class and find out how different your now loaded kayak is to rescue.