



**Paddle the Fjords of Norway**  
- we leave no trace, only ripples in the water -

## **Intro, Safety and Rescue course**



### **About the course**

This is a course based upon the the [Norwegian Paddle Federation \(NPF\)](#) Introduction course. The course gives the participant basic competence in kayaking.

We have added on two hours focusing on safety and rescue techniques. Upon completion of this course you get the NPF

Våttkort INTRO as a course certificate.

Max group is 8 persons per instructor, minimum group is 2 persons. We can do the course with double or single kayaks. All courses must be booked in advance on [post@kajakk.com](mailto:post@kajakk.com).

### **Who is the course appropriate for?**

It suits anyone interested in starting kayaking as a hobby, or just wish to freshen up on their safety and rescue skills. All kayaking on this course occur in sheltered water under safe conditions. You will get wet and most likely cold. Children from 11 that are used to swimming and being under water are welcome to join.

### **What is the main aim of the course?**

The participant is introduced to the kayak and the equipment. After the course the participant have learned how to use wet suit, booties, kayak, paddle, spray-deck and pfd (kayak flotation vest), paddle float and pump. All using practical exercises. The participant will also learn about simple safety routines, practical rescues (buddy & self) and how to manoeuvre the kayak. All in gentle weather conditions.

### **Course content:**

- Get dressed appropriately
- Correct use of equipment
- Lift, carry and launch kayak
- Paddle forwards maintaining a straight course
- Turn the kayak left and right
- Turn over and perform a wet exit
- Get back on land
- How to sit and good kayak techniques
- Safety issues, safe kayaking

### **Safety and rescue module**

- Self rescue
- Buddy rescue



## Paddle the Fjords of Norway

- we leave no trace, only ripples in the water -

Be aware that you will get wet on this course, please pay particular attention to the recommended personal equipment that you should bring.

### What is included?

- Kayak
- Paddle
- Kayaking flotation vest (PFD)
- Spray deck
- Wet suit (Long John / Jane)
- Kayaking jacket
- Paddle float
- Pump
- Neopren shoes
- Drybag
- A guide / instructor with a big smile

### What do I need to bring?

- Dry change of clothing
- Long underwear, preferably wool
- Wool top
- Wool socks
- Thick fleece or wool sweater
- Hot jacket for breaks
- Wool hat or neoprene hood
- Gloves
- Sunscreen & shades
- Towel
- Food & snacks
- Drinks, cold and hot
- Camera (waterproof)
- A big smile

### How much does it cost?

See our [price list](#)