



## What to Expect

Anyone can learn to easily roll a kayak from young children to people well into their seventies. Rolling a kayak does not require any particular strength, dexterity, specialist knowledge or skills.

It does require the ability to 'feel' your kayak in the water & your position in it. So visual learners, who like to see a demonstration & then calculate in their 'minds eye' how the process of rolling a kayak happens, can find it difficult to focus on the kinesthetics of the process of rolling a kayak.

So following are some 'tips' that will certainly make the process of learning quicker & easier, achieving better long term results.

## The Physical

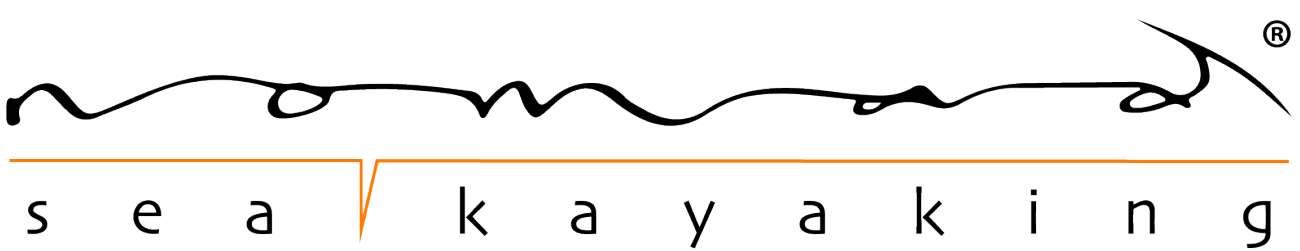
1. Flexibility is important; the ability to sit upright comfortably for hours in a sea kayak. The ability to stretch fully onto the back deck & forwards on to the front deck of your kayak as well as side to side.
2. Basic core strength; this is what holds us upright, allowing us to bend, twist & return to the upright position as humans. Clearly, this is important for rolling a kayak easily.
3. A little bit of 'extra flesh' helps to stave off the cold & provide a store of energy for when you need it. But not too much; bellies definitely do not help the process & just get in the way, affecting your comfort and your ability to breathe properly.
4. Speaking of the cold, you will be inverting yourself in cold water quite a lot & some students may feel nauseous. Short breaks are taken to recover & warm up.

## The Mental

1. Phobias of deep water, claustrophobia, stuff in the water or any other distraction will impair your progress if not downright terrify you. So be realistic & honest. If you are not aware of any limitations, understand that any of these features can show themselves during your training. Part of our teaching process will help with possible fears but there are limits to what these exercises can achieve.
2. You'll be inverting in cold water numerous times & there will be a level of discomfort associated with this. This is just how it is so embrace it, be positive & 'attack' the exercises to gain the most from your experience.
3. Students build pre-conceived expectations by watching YouTube videos of the rolling process. The fact is you don't need to see much other than the front blade of your paddle. You don't need to know top from bottom or left from right. You simply need to follow the basic instruction & focus on kinaesthetically 'feeling' your way through your roll. This becomes clearer as you progress.

## Learning to Roll

This is not achieved through one course. Your success in learning, developing & cementing your roll is down to one key action - **REGULAR DISCIPLINED PRACTICE!** And that is down to you. Although some 80% of our students will achieve a full sweep roll within 1.5 hours, **unless you practice** you will not develop a 'bombproof roll' & neither will you maintain the skill in the long term. The key to your success in rolling your kayak is **PRACTICE, PRACTICE and PRACTICE some more!!!**



### **To Bring** (recommended)

1. A mask with a nose cover or a separate nose pinch if you need it.
2. A head covering such as a neoprene skull cap.
3. Snacks & fluids. A hot drink is always appreciated half way through.
4. Your own kayak, paddle & buoyancy aid. NSK can provide these for you but we strongly recommend you learn to roll using your own gear for obvious reasons.
5. Towel & a change of clothes plus warm fleece & hat for any breaks (even in summer).

### **General**

Your 'on the water' coaching session is limited to two hours (including bank work) as this is about as much capsizing as anyone can endure. Add another hour for unloading your kayak & preparation, short breaks & so on.

Your coach is clearly marked in a bright orange uniform. He/she will be clearly visible close to the water. Your coach may use some tools such as a small floating ball, rope & a paddle float to assist with the coaching process.

### **COVID-19**

Your coach will make every effort to maintain a distance of one metre from you & will wear a face covering. Students are welcome to use their face mask whilst on land but cannot wear face masks whilst on the water. Your coach will have an 'Ocean Safe' disinfectant available & he/she will spray & wipe down areas of contact pre-entering the water. Our COVID-19 risk assessment is available upon request.

### **Event Details**

The time of your specific slot & the location of the venue will be shown on your account login on our website. Parking is pay & Display. Please leave valuables off the water & in a secure location, NSK cannot keep your valuables for you. There is a cafe on site that provides basic hot sandwiches & drinks & there are toilets on site.

**Satisfaction Guarantee:** If you are dissatisfied with your trip, course or event, please contact us by email detailing your reasons & with the approval of the Operations Director, we will book you onto the next available date **FREE of charge**.



**We look forward to welcoming you.**