

Rafting up in Kayaks

Beach Demonstration

A great Third Plan B, for that no wind, no waves, warm day

Children are ready for this activity once they have completed the controlled Kayak capsize, and paddle strokes sessions.

On the water, you will need for this session;

1 patrol boat , 1 WW instructor and 1 parent help, for every 4 children on the water. *

If you have a Kayak instructor in a kayak, then you can add 4 more children in Kayaks.

WW has 12 of these sprite kayaks that can be used for this, the more the merrier, so long as the instructor; child ratios are correct..

1 very small buoy with anchor.

Ready to go afloat when the demo is finished, and children happy.

* **Note, it is a Devonport WW Safety Rule, that one PB on the water is not enough, (with Kayaks or Opti's) a backup PB on the beach, ready and waiting, with crew prepared is also required. This PB is a backup just in case the PB breaks down on the water.**

For the beach demo you will need;

4 kayaks and paddles

4 volunteers

1 small buoy, doesn't need an anchor. But does need the rope.

Ready for beach demo, lockers locked, who has the key? All on beach, everyone can see?



Start with the small buoy and rope. Put on beach in middle of area, lay the rope away on sand. Carry first opti close to the buoy, and let the first child sit down and get in to the kayak.



First child to pick up the buoy and put just inside the cockpit, so it touches the bottom of the kayak, and it can be held in place by a leg trapping it inside. Then stow their paddle out of the way, but ready to use.

This buoy is very important, it will keep the whole exercise exactly where you want it to be. This exercise can take a while to complete so drifting out of the wind shadow, onto rocks, etc, can occur whilst everyone is busy having fun. When it's this child's turn to change places, don't leave the buoy unattended, they simply pass the buoy to the kayak rafting up beside them, so the next child can trap it in cockpit.



To demonstrate on the sand how the children can help each other raft up, which can be quite tricky for beginners, place the second kayak a little bit away from the first, let the child get in, demonstrating by holding out their paddle, for the anchored kayaker to grab and pull towards them. (Then will have to get out again so instructors can move the kayak beside the first.)



2 rafted up, stow their paddle. These two now have to firmly hold on to each other's kayakers with closest hand, **AND NOT LET GO**



The next 2 Kayakers need to raft up on either side of the first 2, to keep the anchor central. The instructors can move the kayakers around again to demonstrate how the children can help each other and they must all be facing in the same direction as the first kayak.



Now we have our team of 4 rafted up. Everyone holding on to each other's kayakers. Ready to change places. Today for the demo, child in the orange kayak is going to change places with the child in the pink kayak. The other two in the middle are going to hold on with both hands to the kayakers beside them, move/shuffle forward in their seats so there is enough room in their seat behind them for a child to step in. They must also keep their legs closer to the outside of the kayak so there is room for a foot to step in between them. The two outside children to decide, before they get up, who is going in front of the sitting kayakers, and which one is going behind.



Instructions before they start, do not stand up straight, keep your feet inside the cockpit, never on the hull it will be wet and slippery, and you could slide off. With your 2 hands and 2 feet, always have 3 on a kayak, never 2 feet in same kayak. Think of it like that Twister game, spread your weight over as many kayaks as possible.. In photo, orange is going behind and pink is going in front.



Moving slowly and carefully across the kayaks, while the kayakers in between hold all the kayaks steady.



When they get to the empty kayak they can carefully sit down.



Done

With more kayaks on the water there are endless swapping combinations

Remind the children that they are doing this demo on the sand, so the kayaks are not moving around.

Maybe some would like to practice the technique whilst on a stable base? The more practice the more confident the nervous ones will be.

Rafting Up On The Water

Patrol Boat's ready and waiting and buoy is set.



All ready to start pushing out the first batch of children to do this exercise, just like the beach demonstration. First child to reach the buoy can put it in their kayak, stow their paddle, and then help the rest raft up with them. Have shore people ready to help the children return to shore safely. Repeat process until everyone has had a go.

* If you have extra adult helpers and they can paddle, it helps if they could go to both ends of the raft up, and hold on to the outside kayak. This helps to keep the kayaks steadier, especially when it's their first time.

Another great confidence building exercise.