



# Sit-on Kayaks

learnlink™

## About the activity

As the name suggests, sit-on-kayaks differ from the usual kind - they are open craft that the paddler sits on top of. They're ideal for use at our locations in the Mediterranean and the south coast of the UK. You can rely on our enthusiastic and expert instructors to get your group started with the basic techniques. After that it's down to each individual to develop their skills as they take part in exciting team games and individual paddling challenges.

## Activity aims

### The aim of this activity is to:

- Introduce the skill of kayaking and the necessary equipment.
- Allow each participant to experience kayaking.
- Encourage participants to set goals.
- Ensure participants support and encourage each other to achieve those goals.
- Provide an opportunity for participants to discuss what they have accomplished.

## Progression opportunities

### Some participants may also:

- Improve the quality and consistency of their kayaking technique.
- Take the initiative in evaluating their performance and that of the group.

### In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork
- Using initiative

## Learning outcomes

### Upon completion of the activity, participants will have:

- Demonstrated kayaking technique to journey safely under supervision.
- Used specialist equipment and PPE, understanding its purpose and name.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Supported their peers throughout the activity and recognised achievements.
- Developed an understanding of associated hazards, been able to assess risks and understood how these may be controlled.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

## Associated vocabulary

<b>Words relevant to safety</b>	e.g. hazard, personal protective equipment, risk assessment, safety area.
<b>Words relevant to equipment</b>	e.g. kayak, paddle, buoyancy aid, helmet, throwline, safety boat.
<b>Words relevant to the activity</b>	e.g. stroke, buoyancy, balance.
<b>Words relevant to teamwork</b>	e.g. achievement, communication, encouragement, listening, participation, review, support, trust.