

KASK Kayakfest 2018

Instructor and Presenter Bios and Session Info

Andrew Harding

Born in the UK, Andrew started kayaking at the age of 12 with the local youth club in the local swimming pool and on rivers and the canals of the Midlands. He spent weekends making fibre glass slalom boats with old moulds then using them on the rivers. An occasional weekend camping trip to the coast introduced him to kayak surfing. Andrew learnt to roll in the local canal. He moved with his family to NZ 14 years ago and got involved with sea kayaking through the Yakkity Yak club. Since then has been a leader with the club and also instructed the skills course.

Andrew took up tai chi for medical reasons 20 years ago and has been a qualified instructor for about 15 years. Unfortunately, he doesn't teach at the moment due to work and time constraints but still practices and attends workshops with his master trainer.

**Session Info* Tai Chi*

Summary: A quick insight into what tai chi is, some warm up exercises I use before paddling, to loosen the joints and muscles, and then some breathing exercises. Also how to use your core effectively avoiding injury. For more see https://en.wikipedia.org/wiki/Tai_chi

Caoimhin

Caoimhin has been paddling sea kayaks for 6 years in and around Sydney, having the most fun in surf and rock gardens.

Over that time Caoimhin has had numerous day and overnight trips up and down the NSW coast, a few weeks paddling in South Africa, 2 expedition style trips around parts of Tasmania, and a 2 week expedition paddle in Prince William Sound Alaska.

Caoimhin has held his Sea Guide and Instructor certification for almost 3 years and regularly runs club surf and rock garden training trips.

**Session Info* Rock Gardening*

A gentle introduction to rock gardening, which works on boat manoeuvring skills in a variety of conditions (waves are created) with the aim of giving people the skills they'll need to paddle in amongst rocks in moving water. Its great fun and a little bit challenging

Conrad Edwards

Conrad has been studying the art of the kayak for a little while now. After a start in kayak racing he eventually discovered sea kayak expeditioning and has been a practising addict ever since.

Twenty years ago he teamed up with kayaking legend Paul Caffyn and together they have had eight expeditions, including four covering most of kayakable Greenland. He has had a

similar number of expeditions to interesting coasts of the world solo, and the same again with his partner Alison (a.k.a. front engine). Based in Titahi Bay, he's well familiar with the inshore and offshore kayaking around the Wellington and Marlborough Sounds regions, and the bit in-between. When not kayaking (or working to finance it) he teaches the Feldenkrais Method® or the martial art of Aikido, both with a focus on efficient movement.

**Session Info* Paddling Efficiently*

Fancy strokes are fun, but we spend practically all of our kayaking time and energy paddling our kayak forward. An efficient forward paddling stroke allows us to paddle faster and further with less effort, and look cool while doing it. It gives us a safety margin too when the sea becomes too interesting. Conrad will guide you through how to get maximum efficiency from your forward stroke, and how to set up your footrest to enable this. Paddle selection and injury prevention will be covered too. A laminated 'aide memoire' will be provided for later on-the-water rumination. Conrad paddles with both western and Greenland paddles (not simultaneously), but this session focuses on the former.

**Session Info* Increasing Your Rotation (Feldenkrais)*

We all get 'stuck in a rut' with our performance at any sport, and kayaking is no exception. We humans have unparalleled skills in learning new movement habits, but the downside is that they become truly habitual and hard to break. The Feldenkrais Method® excels at expanding our movement repertoire, thereby enabling improvements to ingrained movement patterns: your current paddle stroke, for example. Conrad is a certified practitioner of the Method, which is how he keeps so young (on the inside). He will give a lesson focused on improving your trunk rotation, one of the key ingredients of effective paddling. Increased twistability guaranteed!

**Session Info* Cook Strait Crossings*

Kayakers usually cross the infamous Cook Strait by ferry, but there is a way of saving this significant cost. Conrad has to date saved oodles with over twenty kayak crossings, mostly solo, and learned further from many turn-backs. He will explain the interplay of terrain, tides and tempest that make it so challenging, with a focus on how to choose when conditions might be most favourable. The learnings can help you enjoy the stark beauty and commitment of a crossing, as well as saving fares.

Relevant too to those paddling the Marlborough Sounds heads or Wellington coasts on the margins of the Strait.

Mana Kayak Racing Club

The Mana Kayak Racing Club's mission is about improving the technical ability of paddlers in the Wellington region.

Its focus is pure speed, whether sprint or marathon - culminating for many in transition to the national and Olympic teams, and for others just the satisfaction of paddling more efficiently. Mana Kayak Racing Club is long-established with a professional coaching team led by Mark Watson, and a strong membership who can often be seen on Porirua Inlet enjoying the still Wellington dawns and (sometimes) days.

**Session Info* Get Your Kayak Going - Mana Kayak Racing Club*

If you want to see the perfect paddling stroke, watch the paddlers fast enough for the Olympic and national teams. If you want to move closer to experiencing it, you might benefit from a little coaching. This is what Mark Watson and his fellow coaches at the Mana Kayak Racing Club do, and they've kindly agreed to do it for you: on the-water coaching by the racing professionals. You can use your kayak or borrow one of the club's Olympic standard K1 sprint kayaks. But be warned – those K1s are slippery! "Swimming is good. It means you're trying, eh." Mark Watson, Kayak Coach. This session will involve paddling to, or otherwise arriving at, the club's boatshed in Onepoto (a mile or so down Porirua Harbour).

David Winkworth

Please meet Dave! Dave began paddling as a kid and used his homemade kayaks and canoes to get to fly fishing spots ... but pretty quickly the paddling became more fun than the fishing!

He joined the NSWSKC as an original member in the late 80s and keen on seeing members acquire good skills, he started the Rock 'n Roll Weekends to teach rolling. It quickly became the premier club weekend. He is a life member of the club. Dave was an AC Senior Sea Instructor Examiner for many years and now continues instructing with the VSKC, KASK in N.Z. and local groups where he lives on the NSW South Coast. Dave says his guiding creed for training is that people learn when they're having fun!

He designed the Nadgee sea kayak and manufactured it till 2007.

Dave has paddled extensively all over Australia and some in N.Z. and lists the Sapphire Coast and northern Australia as his favourite paddling areas. On a Cape York trip in '99 he saved his mate's life in a crocodile attack and received a Bravery Medal for his efforts. He now prefers to view the wildlife from a distance but maintains there's still room for us all on the ocean. On non-paddling days Dave tinkers in his shed making paddles and various kayak parts and designing a new sea kayak. He is looking forward to meeting everyone at the Forum.

**Session info* PLEASE REMAIN SEATED FOR THE ENTIRE PERFORMANCE.*

(On beach and then on water session)

Never rolled or succeeded in a roll before? This session may just suit you. Simple explanations...no hip flick needed...simple aids provided...laminated notes provided that you can keep in your kayak. Go look in the mirror...and tell yourself that you need to do this! Guaranteed fun! Bring a face mask. Max. number 15.

David Welch

Since David started sea kayaking back in the early 90's, he has paddled in many different locations, in many different kayaks and with many different people, both recreationally and professionally, in New Zealand and overseas. David has held SKOANZ and NZOIA qualifications in sea kayaking and put time into training with the Canterbury Sea Kayak Network. David's sea kayaking is now more a sport, rather than just a recreational pastime, and he has a number of kayaks that reflect this philosophy. David's challenge is to get the most from himself and his kayak.

**Session Info* Paddling With a Stick*

The Greenland paddle is often seen by some as old fashioned or eccentric; that one has to have a skin-on-frame kayak and a wooden Greenland style paddle to be into it for real. Maybe some years ago, but times have changed.

Quite often now more paddlers are seen to be using a "GP" with their standard sea kayak, or Greenland style boat. Modern composite materials used in the manufacture of imported brands now compliment the traditional western red cedar of hand crafted paddles. It is also a paddle that is just as efficient as a Euroblade in the water, and for some paddle or brace strokes, just as if not more effective. This is not necessarily a teaching session, but a chance for GP users to get together and share ideas and experiences; for those curious to take a close-up look and have a go with a GP and to learn more about the process of building your own wooden paddle. We'll throw in some demo rolls as well.

Deb Volturno

Deb considers sea kayaking to be a way of life, which after more than three decades still holds her captivated. Her passion is driven by the dynamic environment of where the sea meets the shore, yet she also embraces the meditative qualities of open water. She is an American Canoe Association Advanced Open Water Trainer/Educator - Level 5 and Surf instructor Trainer/Educator - Level 4.

Sea kayaking encompasses a broad spectrum for Deb, from exploring traditional history by building both Inuit and Aleut skin-on-frame kayaks, to being a competitive surf kayaker and a member of the extreme kayaking group called the Tsunami rangers.

Paddling adventures lure Deb to practically anywhere from above the Arctic Circle in Norway to parts of Central and South America, to New Zealand - where she lives part time in Gisborne - where there are no bears. Deb's other home waters are on the Pacific Northwest Edge, the Olympic Peninsula in Washington State (USA).

**Session info* Beyond the Forward Stroke!*

What's next in manoeuvring your kayak, when the forward stroke isn't enough! This session will introduce various paddle strokes, including the bow rudder, hanging draw, low brace turn, stern rudder, and more, as well as the concept of linking strokes for effective transitions in manoeuvring your kayak in the direction you want to go. The plan is to be on calm water where we can practice the finer kayak handling strokes that can later be applied in rougher water.

**Session Info* Intro to Kayaking in the Ocean White-water*

Introduction to boat handling skills/strokes, recognizing features, and decision-making in moving water along a coastal environment - where the sea meets the shore. Begin to learn how to read the water, evaluate your route, and manoeuvre your kayak through the moving water in rocky environments. Learn to recognize safe zones, play zones, transition zones, and hazard zones. We will also seize the opportunity to practice rescues. Please wear a helmet for this training.

Dr Joanna Joseph

Joanna did her undergraduate medical and GP training in Edinburgh before deciding to travel the world. Having decided she liked New Zealand best, she moved here in 2001 - supposedly for a year. After 13 years in General Practice in Miramar, Joanna decided to retrain as a Travel Doctor. This involved completing the Diploma of Travel Medicine through the University of Otago.

Joanna has been working at the Travel Doctor clinic in Wellington for a year, and also works in Clinical Research and at the Wellington Accident & Urgent Medical Centre.

Joanna has been kayaking for 8 years and been on trips all around NZ. She managed to not get hypothermia paddling in the Arctic - and is looking forward to not suffering from hyperthermia on an impending paddling trip to Thailand.

**Session Info* Hypothermia and Acute Medical Problems*

Talk 1: "Hypothermia - what do paddlers need to know?"

Hypothermia can be a serious and often unrecognised risk for kayakers in New Zealand. I will present some scenarios to think about the nature, prevention, and mitigation of hypothermia for lay people, simple tips for what to do if you find yourself unexpectedly at risk, and how to manage a suspected case of hypothermia when away from medical care.

Talk 2: "Acute medical problems"

I will give a brief overview on what to do when faced with acute medical problems while out kayaking - including near drowning, salt water ingestion, insect stings, minor and major injuries. There will be plenty of time for open questions. I will not be covering CPR as this is a whole topic in itself and needs specific equipment and training to teach.

John Kirk-Anderson (JKA)

Has been instructing sea kayaking for over 20 years and has high-level qualifications from both the British Canoe Union and the NZ Outdoor Instructors Association.

He is a trainee-assessor for NZOIA instructors and was an Outdoor First Aid instructor with the NZ Mountain Safety Council. A former soldier, he is a fitness fanatic and when not sea kayaking he trains in martial arts. He has been a photo-journalist for nearly 30 years and has covered disasters and conflicts around the world, and earthquakes much closer to home! The waters around Banks Peninsula are his usual haunts, but he has paddled in many areas of New Zealand. A regular presenter at symposiums, Kirk-Anderson dislikes dogma and encourages paddlers to adapt skills, technique and equipment to suit themselves.

**Session Info* Body, Boat, Blade*

A holistic-approach to kayak control, this class will check paddler's connection to their craft, emphasise good body mechanics to maximise efficiency, and develop awareness of the blade.

This session is suitable for all levels and will be free-flowing across a wide range of techniques.

Session Info Mayhem Management

We've all practised rescues and got paddlers back in their boats. This class will now consider the other issues that surround that event.

Areas covered will include avoidance through planning and leadership, group management, treatment of injuries, and calling for outside assistance.

Natasha Romoff

I will be talking about some of the kayaking I have done in interesting locations around the world, with an emphasis on how to plan, what to consider, what resources you can use, and how to leverage your kayaking skills to enhance travelling overseas. I have some good photos and lots of tips so you too can plan a trip to foreign lands. I will look at some specific examples so that you come away with enough information to benefit from my experiences in places such as Alaska, Australia's

Whitsunday Islands, Canada's Rideau Canal through beautiful parts of Ontario; an amazing float trip on the Upper Missouri River through the wild, dry landscapes of Montana following in the steps of great explorers. I'll talk about the resources you can use, the risks you need to think about, networks you can draw on for information and company, as well as touching on food, packing your kayak, outfitters vs taking your own gear and the challenges of international travel.

Paul Caffyn

Paul Caffyn lives on the edge of the Tasman Sea on the South Island's West Coast. Although Paul has been paddling since childhood; he only took up serious sea kayaking in 1977. In the following decade he notched up over 25,000 miles with the first kayak circumnavigations of New Zealand, Great Britain, Australia and Japan. In the late 80s, Paul made two attempts to kayak across 'The Ditch' from Tasmania to New Zealand. In 1991 he completed an unsupported solo, arduous 4,700 mile paddle around the coastline of Alaska, from Prince Rupert to Inuvik.

More recent expeditions include around New Caledonia, Malaya to Thailand and four northern summers paddling the western and eastern coasts of Greenland with Conrad Edwards.

Paul's first book *Obscured by Waves* was published in 1979. His next two titles *Dark Side of the Wave* and *Cresting the Restless Waves* were a joint publication between Paul and the NZCA. In 1994, unable to find a publisher for this book on the Round Australia paddle, Paul cashed in an insurance policy and self-published *The Dreamtime Voyage*. With those four titles long out of print, and going for huge amounts on 2nd hand websites, Paul self-published a second edition of *Obscured* and a 25th Anniversary edition of *Dreamtime*.

Since 1991, Paul has edited the *New Zealand Sea Kayaker* magazine, a bimonthly colour magazine for Kiwi paddlers and is currently working on a 5th edition of *The KASK Handbook, A Manual for Sea Kayaking in New Zealand*.

**Session info* Those 'Bugger!' Moments - When Things Go Wrong on the Water*

Paul is a firm believer in sound research, planning and preparation for sea kayaking trips, be they half a day, half a week or half a year.

There was once a time when his planning and pre-trip visualization failed terribly. But he learned from that, and encourages paddlers to plan and train for trips, and visualize all sort of dramas that may (or may not) eventuate.

**Session Info* Suggestive Trip Report Writing*

There are monochromatic trip reports and then there are trips reports in full blown colour, with a full range in between. The essential difference between the two extremes is the degree of colourful (suggestive) descriptive writing. I would like to make some suggestions as how to improve the readability and reader enjoyment of paddling trip reports. Along with some examples from Paul's favourite sea kayaking narratives.

Paul Hayward

Paul is a Mechanical Engineer with a passion for computers. Moving to New Zealand from his native Canada in 1982, he continued his work in Industrial Control and Automation Engineering. For the last 25 years he has run his own business, specialising in database design and small business computing. Paul paddled canoes as a boy and sailed extensively in New Zealand; but during the last 16 years sea kayaking has become his major sport.

**Session Info* VHF's - When is a Cell Phone Not as Good?*

Will aim to please both those who are contemplating a VHF and those who already have one. Questions will be welcome. Second half of session will cover kayaking electronics in general – Beacons (PLBs, etc.), lights, cameras, rechargeable batteries and solar. "I've taken a deep interest in all of these during my 16 years of kayaking –and am still experimenting with cost effective solutions."

Peter Brooks

Pete has been paddling most of his life, and has been instructing kayaking in one form or another for the last thirty odd years. In the most recent past he has focused on teaching rolling on Auckland's North Shore. He learnt his trade on the canals and white water of the UK although has been a sea kayaking convert for the last ten years here in NZ.

**Session Info* Rolling*

Introduction to kayak basic rolling techniques starting with a confidence routine and building through old school techniques starting with Pawlata roll and on to many interesting variations as fitness and conditions allow. Learn to roll from the beginning or fine tune existing rolls.

Build confidence with you and your equipment in a controlled environment. Learn how to identify your preferred variation of this advance paddling technique.

Sandy Winterton

Sandy lives locally and mainly paddles on Wellington harbour, with a fondness for battling into a stiff breeze and catching the downwind wave's home. He has single and double sea kayaks and a multisport boat. Sandy also has a fishing SOT which gets no use whatsoever but always thinks I will get round to it. His Favourite kayak is a Q-kayaks Maximus. He used to take part in mixed paddle craft events with waka am, surf skis and kayaks, but not so often these days.

**Session Info* Pawlata Roll Session*

The Pawlata roll is the easiest roll to do as it requires less technique or strength than other types. We use the whole length of the paddle to gain increased leverage. It's a great first roll to learn and even if you can do other types, it's a great "bacon saver" if you fail with a screw roll or a C to C. Paired up, one person will be standing in waist deep water to help their partner with their roll. Wear a wetsuit or clothes that will keep you warm for quite a long period in the water.

If it's windy, take a windproof top layer. Bring swim goggles or a dive mask, a nose clip and a paddle float, if you have them.

**Session Info* Pauatahanui Inlet Paddle*

Pauatahanui inlet is a sheltered body of tidal water about 4 km long and 2 km at its widest point. It is the larger arm of Porirua harbour. This tour will be a gentle cruise departing Ngati Toa domain entering the inlet under a SH1 bridge. The route will depend on the wind on the day and will skirt the edges of the inlet looking out for points of interest and looking for some of the birds that frequent the area. At the head of the inlet is Pauatahanui Wildlife Management Reserve but we're unlikely to have time to call in on this 2 hour trip. Three hours after high tide the water rushing out through the narrow entry to the inlet hits about 5 knots, so picking the tide is key when paddling this stretch.

Shaun Maclaren

"To me paddling should be fun, safe and challenging."

Originally from Scotland and now living near Auckland. Has been paddling solidly with the Auckland Yakkity Yak Club for just over eight years and leading trips for the past seven.

"Paddling has opened my eyes and mind so much and through it have met some amazing people and been to some fantastic places both in NZ and abroad. Planning trips and seeing people's enjoyment gives me a real buzz."

**Session Info* Hand Signals For Sea Kayakers*

The wind is picking up and you are paddling into a crossing wind.

Conditions are testy and you don't feel comfortable. You are trying to catch up, but you can't. You haven't a radio and you need to let your fellow paddlers know of the situation, what do you do? Blow the whistle! That's right, you blow the whistle attached to your PFD and wave your arm and then what? When sea kayaking, we need to communicate accurately, reliably, and quickly. Our comfort and even our lives depend on it.

Until such time as we have waterproof transmitters in our helmets, hand signals is all that we have got and we need to practice and be confident in using them.

Steve Flack

Steve learnt to kayak from a young age on the south coast of England with the Sea Scouts. He is now a trainer with Napier Canoe club, running 3 sessions a week in the sea with big groups of young people mainly. Steve encourages club members to take leadership opportunities-supporting them in this. He enjoys kayaking in rough seas.

**Session Info* Buddy Rescues*

This will be about how to rescue other sea kayakers in a variety of situations, e.g. off rocks, with several out of their boats at once.

Susan Cade

"I love a good adventure." Susan Lives in Lower Hutt and particularly enjoys sea kayaking to more remote places. Favourite places she has paddled include, Fiordland, Stewart Island, and in 2017 a trip to the Antarctic Peninsular. She has also had many adventures sea kayaking around NZ and a few overseas. Susan particularly loves paddling early in the morning and those magic night paddles. Embracing history, nature and when she can go underground, almost always with a camera at hand. She is also active in the Wellington Sea Kayak Network, leading local trips and helping out with training.

**Session info* The Antarctic Peninsula*

This is a magical place with amazing ice cliffs and icebergs, wonderful wildlife and just stunning ambiance. Get a sense of this amazing area with video and photos from a sea kayak expedition in early 2017.

Uta Machold

Uta has paddled on European rivers and lakes for many years before she discovered that sea kayaking was much more fun and exciting. But living in Germany about 800 km from the closest sea, it wasn't until she came to NZ about 6 years ago that she could go out with her sea kayak as much as she wanted to. Uta has been enjoying regular trips along NZ coastlines ever since, mainly around Auckland and the North Island with the occasional escape to the fiords and coasts around the South Island.

**Session Info* 66° North - Kayaking Along the Arctic Circle*

Slaloming around icebergs has fascinated us since we had seen photos from a kayak trip somewhere in Greenland. During the Arctic summer 2017 we finally managed to see an impressive landscape made of fjords and high mountains with our own eyes. Our kayak trip took us from Kulusuk on the remote east coast of Greenland along the Ammassalik Fjord to Kuummiit and Tiniteqilaaq and further on across the Sermelik Fjord into the glacial wonderland of the Johan Peterson Fjord.