

# Example Training Plan for D5SR AUXPAD, 2022

Rev. 2/16/2022

## Day 1

### 0830 Instruction Begins

Friday, Saturday and Sunday will provide complete instruction in ACA L1 and L2 Coastal Kayaking skills, as well as some training in AUXPAD specific topics. Those who are already AUXPAD Operators may be asked to make short presentations on various topics.

AUXPAD Shirts available (bring \$35 in cash)

#### Shore Side

- Introductions

- Overview of training plan

- Instruction in basic skills

  - Holding the paddle

  - Strokes (CPR) and facing your work

- AUXPAD Patrol Procedures/GAR Assessment—Student presentation

- Radio Communications – Student presentation

#### Launch...

(Instruction in strokes, sweeps, pivot, draws, stopping, low brace, and stern rudder.)

### 1200 Lunch

- Shore side presentations by students and AQs:

  - Your OPFAC and gear

  - Trip Planning/environment

  - Shore side demonstration of rescues & towing

#### Launch...

- Rescues

- Towing

#### Shore Side

- Debrief

- Plan for 5-mile paddle.

- Kayak Navigation (preparation for 5-mile paddle)

### 1600 Training completed for Day 1.

### 1830 Cookout at my home (Not at all locations).

Significant others welcome, carpooling recommended.

## **Day 2**

### **0830 Ready to Launch for Five Mile Paddle**

Pre-Underway procedures:

- Pre-underway Briefing
- Group Management (Point, Sweep and Comms.)
- Risk Assessment & Radio Guard

Launch for 5-mile paddle and patrol

- Navigate to a waypoint
- Demonstrate radio procedures
- Group management

### **Lunch**

Presentation on Hypothermia and Hyperthermia

Launch

- Towing
- Swim to shore
- Takeout near Pavilion

Ashore at the Pavilion

Debrief

### **1530 Training Completed for Day 2**

**Evening:** Outdoor event.

## **Day 3**

### **0830 Practice, Assessments and Wrap-ups**

Ashore presentations:

Transporting Your Kayak Safely (carrying and securing)

Pre-Underway procedures:

- Briefing
- Risk Assessment & Radio Guard

Launch...

- Practice skills and rescues as needed.
- Assessments by AUXPAD Qualifiers
  - Assessment of strokes and maneuvers
  - Paddle a Figure 8 course using all strokes
  - Rescues review and assessments.

### **Lunch**

- Post-mission debrief.
- Feedback on training.
- Next steps.

### **1300 Training completed.**

Safe travel home.