Kayak Orientation Programs (KOP)

Location: MacRitchie Reservoir Paddle Lodge/Kallang Water Sports Centre

Course Duration: 3 hours at MacRitchie Reservoir Paddle Lodge/Kallang Water Sports Centre

Age Requirements: 9 years old; children under 12 must be accompanied by an adult in a double sit kayak

Cost:
$50 per person
$500 per class for groups of fewer than 10 participants
$750 per class for groups of 10 to 15 participants

Personal Skills Award (Star Programmes) for 1 & 2 Stars

Location: Kallang Water Sports Centre

Course Duration: 12 hours total - two sessions

Skills Covered:

1. **Basic Handling:** Lift, carry, launch, come ashore, embark, and disembark.

2. **Paddling Skills:** Forward paddle (100m) and reverse paddle (25m) with control; stop efficiently.

3. **Manoeuvring:** Perform forward and reverse sweep strokes; practice simple 'J' and classic draw for sideways movement, and basic stern rudder for straight-line control.

4. **Safety and Recovery:** Execute a planned capsize, swim ashore while retaining kayak and paddle, empty water, practice low support recovery, and perform rafted 'TX' rescue.

Requirements: Must be able to swim 50 meters with a PFD and at least 12 years old

Cost:
$900 per class for groups of fewer than 10 participants
$1350 per class for groups of 10 to 15 participants
$1800 per class for groups of 16 to 20 participants



Course Duration: 18 hours total - 6hrs per session

Prerequisites: One Star Course

Skills:

1. **Basic Handling:** Lift, carry, launch, and land the kayak efficiently.

2. **Paddling Techniques:** Demonstrate effective forward and reverse paddling, forward and reverse sweep strokes, and spinning the kayak on the spot.

3. **Directional Control:** Perform 'J' and classic draw strokes, stern rudder, and begin sculling draw strokes for directional control.

4. **Edge and Support:** Show basic edge control, low and high support recovery, and low brace turns.

5. **Rescue Skills:** Capable of wet exit, 'TX' rescue (as both rescuer and patient), kayak-to-swimmer rescue, and Eskimo bow rescue (as patient).

6. **Advanced Techniques:** Begin practicing bow rudder placement and sculling draw strokes.

7. **6km kayaking journey included!**

Cost:
$1100 per class for groups of fewer than 10 participants
$1650 per class for groups of 10 to 15 participants
$2200 per class for groups of 16 to 20 participants

Kallang Water Sports Centre

Canoe Slalom

Location: Kallang Water Sports Centre

Slalom: Experience a brief introduction to paddling and learn how to maneuver around obstacles in groups of 10

Course Duration: 4 hours total

Cost:
$500 per class for groups of fewer than 10 participants
$750 per class for groups of 10 to 15 participants
$1000 per class for groups of 16 to 20 participants

Canoe Polo

Location: Bedok Reservior

Canoe Polo: A unique blend of polo and kayaking where two teams of 5 players compete in two halves, each lasting 10 minutes

CP try out: Per session including 10 pax, a coach and a full set of equipment

Course Duration: 2 hours total

Cost: $600 per class for groups of fewer than 10 participants

Dragon Boat

Location: Lower Seletar Water Sports Centre

Dragonboat: Safety brief, gearing up, launching/returning, practice & 200m race, returning of gear.

Course Duration: 2 hours total

DB12: Max 10 pax - includes usage of PFDs, Oars and Boat and 01 Instructor/Steerman per boat

DB22: Max 20 pax - includes usage of PFDs, Oars and boat and 01 Instructor and 01 Steerman per boat

Cost:
DB12 - $250 per boat | DB22 – $375 per boat

Mandatory: Safety Boat with Boatman usage - $375 including use of Shelter Area(Centre Classroom)

Sea Expedition

Location: Lazarus Island to Kusu Island & back

Sea Expedition: Safety brief, water confidence, Orientation practice at bay & explore Kusu island (1 instructor to 10pax)

Course Duration: 4 hours total

Cost:
$1150 per class for groups of fewer than 10 participants
$1725 per class for groups of 10 to 15 participants
$2300 per class for groups of 16 to 20 participants
(excludes 2-way ferry ticket @$15/pax)

SUP Introductory Programme

Location: Lazarus Island

SUP: Safety briefing, water confidence, theory & practical
Course Duration: 2 hours total

Cost:
$500 per class for groups of fewer than 10 participants
$750 per class for groups of 10 to 15 max participants
$1000 per class for groups of 16 to 20 participants
(excludes 2-way ferry ticket @$15/pax)

Registration and Requirements

For more information, please visit our website at scf.org.sg.
To book, email us at corporate@scf.org.sg with your preferred dates, times, number of participants, and selected event.

- Please note that the **Dragon Boat, SUP Introductory Programme & SEA Expedition programs** are offered in partnership with Sportz & Fitness Team Pte Ltd.
- Prices are subject to change





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@singaporecanoe





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CORPORATE PROGRAMMES