



Rolling Session Guide 2026

For your 1-to-1 Kayak Rolling Skills Accelerator with NOMAD Sea Kayaking

What to expect

- Your session lasts **3 hours**: about 1 hour of introduction, bank-based coaching and debrief, and **2 hours on the water**, with short breaks to warm up.
- Two hours of rolling is plenty. Rolling is physically and mentally demanding, especially when you are upside down in cold water again and again.
- Sessions run **10:00am to 1:00pm** or **2:00pm to 5:00pm**. Your confirmed time and venue are shown in your account.
- Training takes place in shallow, tidal salt water. Visibility under the surface may be limited.
- The **minimum age is 18**, unless agreed with us in advance.

How we coach

- We teach a full sweep roll in three stages: **set-up, sweep and catch**. If a C-to-C roll suits you or your kayak better, your coach can work with that instead.
- Rolling relies on **feel** rather than strength. You do not need to see much underwater; you simply follow clear instructions and feel your way through each stage.
- Your coach may use simple aids such as a ball, rope or paddle float to help you learn each stage.
- Many students achieve a working sweep roll within about 90 minutes, and around 70% complete a full unaided roll during the session. Everyone is different, and understanding why a roll fails is real progress. Ongoing, disciplined practice is key to success.

Be ready for

- Being upside down in cold water many times. Some people feel a little dizzy or nauseous; tell your coach and take a short break.
- Please tell us before booking about any fear of deep or enclosed water, any medical condition, or any back, neck or shoulder problems.
- Good flexibility and basic core strength help, as you will lean fully forward and back on your kayak.

What to bring

- **Your own kayak, paddle and buoyancy aid**, if you have them. Learning in your own kit is strongly recommended. If you need ours, please ask when booking.
- A mask with a nose cover, or a nose clip. We can provide one; please let us know in advance.
- A warm head covering such as a neoprene skull cap, and warm layers for breaks (even in summer).
- Snacks and drinks. A flask of something hot is always welcome.
- A towel and a full change of clothes for afterwards.
- Leave valuables at home or locked away. We cannot look after them during your session.

After your session

- A reliable roll comes from **regular practice**. Short, frequent sessions in shallow, calm water work best.
- Every student is entitled to a **free review session** by appointment, so your coach can check your progress and fix any faults before they become habits.

Questions? Call us on **01473 375 026** (Monday to Saturday, 9am to 6pm) or email **adventure@nomadseakayaking.co.uk**. We look forward to seeing you on the water.