



**CANDLEBOX  
KAYAKING**

# Sea Kayak Guides Alliance of BC Assistant Overnight Upgrade Program Information Package





## Program Description

The 5-day Assistant Overnight Guide (AOG) Upgrade course is designed for motivated certified SKGABC Level 1 guides seeking to become certified Assistant Overnight Guides with the Sea Kayak Guides Alliance of BC (SKGABC). This training is accredited by the SKGABC and includes the AOG exam. Successful candidates earn AOG certification and Paddle Canada Level 2 skills certification. This package contains information to help prepare for the training. Please take the time to read this material carefully.

# Paperwork Checklist

Please use this checklist to ensure you have received/reviewed these documents prior to the training start date:

- AOG program info package
- SKILS waiver (please sign in the presence of the instructor at the beginning of the training)
- Paddle Canada waiver (please sign in the presence of instructor at the beginning of the training)
- SKILS medical form - please bring a completed copy to the training
- Candlebox Kayaking waiver & registration form (please bring a completed copy to the training)
- SKILS Guide Manual (provided). Please read prior to training.
- copy of *Navigation Sea State & Weather* (provided). Please read prior to the training.



# Objectives/Expectations

## Who takes this training?

Participants of our SKGABC training come from a wide range of backgrounds. Some are already working as guides and are seeking training to take on greater leadership roles. Some participants currently live on the east coast and aspire to guide both here and later across the country and internationally. Other participants want to further their own skill set to build confidence when undertaking personal multi-day trips.

## Assessment

Participants are encouraged to take leadership roles on a daily basis throughout the training. These include:

- managing personal equipment
- managing group equipment
- taking responsibility for own personal safety & comfort as well as the safety & comfort of other participants
- looking after own health
- preparing meals
- leading activities



Additionally, participants are responsible for the following four leadership tasks:

### **1) Interpretive Assignment**

Each participant must prepare and present an interpretive program of approximately 10-15 minutes in length at an appropriate point during the program. Below is a list of topics for the interpretive assignments. We will give you a specific assignment prior to the course. We recommend to use humour and props for your presentation to make it engaging.

1. Prevention, care and supplies for common first aid in sea kayaking, including hypothermia.
2. Low impact travel and camping in the marine environment.
3. Wildlife-viewing protocol and marine mammal regulations.
4. Marine distress signals and equipment.
5. Advantages and limitations of a GPS for sea kayak navigation.
6. On water and backcountry lightning risk management and avoidance.
7. Advantages and disadvantages of a variety of sea kayak designs and materials.
8. Paddles, skirts and lifejackets for sea kayaking: features, designs and materials.
9. Clothing design and fabric attributes for paddling in harsh conditions.
10. Rescue and safety equipment necessary for coastal kayak tripping, comparing Transport Canada Regulations (standard regulations and those for guided excursions) with SKGABC guide requirements.

## 2) Leader of the Day

Each day you will have responsibilities for some facet of the program including the timing of activities, launching and landing kayaks, group travel to and from activity sites, group travel on the water, and organizing activities. The course instructors will assign these responsibilities throughout the course. It is your role to take these responsibilities and carry them out to the best of your ability. The goal is to give you as much leadership experience as possible throughout the course. The instructors are there to help you if you get stuck.

## 3) Self Evaluation & Feedback

Feedback is an integral part of the learning process. Throughout the course, you will be encouraged to evaluate your own performance and provide feedback to others. Please keep these guidelines in mind:

- Positive feedback is as important as constructive.
- Comment on one or two main issues.
- If it has already been said, don't say it again.
- Listen,listen,listen...



## 4) Final Scenario

Towards the end of the course, you will be assigned responsibility for planning, running, and evaluating a leg of our trip. You will be presented with challenges during this leg designed to test some of the skills taught during the course. The goal of this final scenario is to bring together the various components of leadership including technical boat handling, navigation, weather interpretation, rescue, problem solving, and conflict resolution.

## **Safety Veto**

Every person in the course has a safety veto. This means you have the right to pause the course, question the safety of the lesson, and/or opt out of the lesson or the program. The environmental challenges of this course push on the boundary between excitement and anxiety. This can create stress and fear; articulating these concerns and dealing with them in the context of a peer group is an essential component of the training.

## **Prerequisites**

All participants must be certified as SKGABC Level 1 guides.

## **Program Logistics**

### **Transportation**

You are responsible for all transportation to and from the training as well as during the training. The Cloud Nine Shuttle provides door to door transportation from Halifax Stanfield International Airport to Shelburne (where the training begins) for a cost of \$80. During the training, Candlebox Kayaking will transport kayaks and gear and assist to coordinate carpooling among participants to minimize transportation costs and carbon emissions.

### **Accommodations**

Affordable camping with showers/services are available at nearby The Islands Provincial Park, Shelburne. A variety of B&B's, cottages, rentals, and motels are also available and Candlebox Kayaking is happy to make recommendations upon request. Days 1 through 5, we'll be camping on the coast. The course starts at 8:30 in the morning the first day of the training at the Candlebox Kayaking Base (107 Water St., Shelburne), a 5min drive from The Islands Provincial Park and a 2min drive from most accommodation options in the town of Shelburne.

## Meals

The menu is vegetarian based and augmented with meat. Some special dietary needs can be accommodated with sufficient notice. We provide all the food for the course except for the first morning. Participants are encouraged to bring extra snacks to fill in the holes and satisfy personal tastes. Each participant is asked to prepare and pack one dessert for the entire group. The desserts will be slotted in during the course. Plan on a dessert for 12 people.



## Our Classroom

The coastline of Southwestern Nova Scotia will be our classroom. These stretches of coastline are varied and offer us the diversity we need to complete our training. We will have the opportunity to experience this beautiful diversity as we learn to paddle in currents, surf, navigate, and lead trips.



## What SKILS/Candlebox Kayaking provides

- Sea kayak (including paddle, PFD, skirt, pump, tow lines, helmet)
- Food while on the trip excluding breakfast on the first day and supper on the last day
- Drysuit (on "first come/first served basis")
- Group camping equipment
- Instruction manuals
- VHF radios
- Group first aid kit
- Group cooking gear
- Flares



## What participants are responsible for

Participants are responsible for providing the following items for themselves:

- Extra snacks for yourself, and one group dessert (12 people) to eat during the trip
- Personal camping gear (please see suggested packing list below)
- Transportation to, from and during the program. Candlebox Kayaking can assist with coordinating

Immersion gear, sea kayak and accessories, and some camping equipment can be rented through Candlebox Kayaking. Please contact us if you are interested in renting some of our equipment.



# Packing list

Outlined below is a detailed kayak touring packing list. To ensure your comfort during the course and to maximize your ability to participate in all aspects of the program please follow this list as closely as possible. Please do not bring cotton clothing. \* Indicates optional items.

**Immersion clothing** - All participants must have a drysuit or wetsuit with them on this course. You will spend many days exposed to wind, waves, and currents. You will also be asked to participate in extended scenarios, which will require you to be in the water. As a result, you will spend a lot of time wet! Please bring ample immersion clothing.

**Charts/Maps and other Resources** - Navigation and weather interpretation are important components of the training. In order to participate effectively, you will need some specific resources. These resources are available online from [www.charts.gc.ca](http://www.charts.gc.ca) or your local paddling retailer:

- CHS Tide and Current Tables Volume 1
- CHS Chart 1 Symbols Abbreviations and Terms
- CHS chart of paddling location (TBD)

**Log Books** - Throughout the training you will need to record and access navigation, weather, and other information. We strongly recommend you bring a Rite in the Rain notebook (available at many outdoor retailers – bound and numbered is best) as an excellent water resistant central location to keep track of this information. Pencils write well in these notebooks even when wet. Please bring a couple of pencils.



# Equipment

## *Kayaking Equipment*

- Seaworthy kayak – Your kayak must have positive buoyancy and be able to carry enough gear for 5 days.
- Paddle
- Spare paddle
- Sprayskirt
- PFD - Canadian Coast Guard approved
- Whistle
- Hand pump
- \*Sea kayak towline – The towline should be between 5 and 15 metres long and have a quick release.
- Helmet – Helmet must be designed for surf kayaking or whitewater kayaking; bicycle helmets don't offer sufficient protection.
- \*Stirrup – 4.5 m loop of buoyant 3/8 inch rope
- Paddle float

## *Navigation Equipment*

- 2 pencils for chart work
- \*Chart case – large Ziploc bags will work, but not very well
- Orienteering Compass
- \*Marine Compass

## *Camping Gear*

- Tent

- Sleeping bag – 3 season bag with synthetic insulation
- Sleeping mat
- Tarp with thin cord
- \*Pillow case/camp pillow

## *Bathroom*

- Toothbrush and toothpaste
- Sunscreen and lip balm with high SPF protection (30 +)
- Toilet paper
- Small first aid kit
- \*Camp towel
- \*Pads and/or Tampons – bodily clocks can change with increased exercise, please be prepared for this.

## *Immersion Clothing*

- Wetsuit or drysuit suitable for extended cold-water immersion on the west coast. You will be paddling in this gear for extended periods of time, so make sure it fits well.
- Neoprene booties or other immersion footwear
- Paddling gloves or pogies

## *Personal Clothing - Torso*

- Rain Jacket
- 2 fleece or wool sweaters/jackets
- 2 synthetic long underwear tops
- 2 synthetic t-shirts

# Equipment cont'd

- ❑ 1 wind breaker

## *Personal Clothing - Legs*

- ❑ Rain Pants
- ❑ 2 pairs of pants – At least one should be made of nylon
- ❑ 1 pair of fleece or wool pants
- ❑ 1 pair of synthetic long underwear bottoms
- ❑ 1 pair of synthetic shorts
- ❑ Bathing suit

## *Personal Clothing - Feet*

- ❑ 3 pairs of warm synthetic and/or wool sock
- ❑ 2 pairs of liner socks – Polypropylene or wool are common materials
- ❑ 1 pair of camp shoes – Sneakers work well
- ❑ 1 pair of rubber boots
- ❑ 1 pair of sport sandals

## *Personal Clothing - Head*

- ❑ 2 wool or fleece caps
- ❑ 1 Brimmed hat or baseball cap

## *Personal Clothing - Hands*

- ❑ 1 or 2 pairs of fleece or wool gloves

## *Miscellaneous Gear*

- ❑ Headlamp or Flashlight with extra batteries
- ❑ Rite in the Rain Notebook
- ❑ 2 pencils and/or pens
- ❑ Water bottle
- ❑ Pocket Knife
- ❑ Sunglasses with good UV protection and a retainer strap
- ❑ Spare garbage bags and Ziploc bags
- ❑ Lots of snacks for the entire program
- ❑ \*Binoculars
- ❑ \*Flares
- ❑ \*VHF Marine Radio
- ❑ \*GPS
- ❑ \*Thermos

# Packing gear

You will need to waterproof at least your clothing and sleeping bag. Depending on how watertight your kayak is, you can pack the rest of your gear loose or in Ziplocs inside nylon stuff sacks. Here are two packing methods that work well. In fact, we usually use a combination of the two when we pack. Remember to leave room for group gear.

**Dry Bag Method** - Dry Bags are specially designed for paddle sports and are available at most sporting goods stores. Depending on the design of the closure system, they do not always keep all the water out. You may want to test your bags in the shower before your course to know how well your gear will be protected. You will need four x 10 litre bags for your sleeping bag and for your bulky clothing, as well as five or six x 5 litre bags for the rest of your water sensitive clothing and gear.

**Stuff Sack with Garbage Bag Liner Method** - Stuff sacks lined with garbage bags have been used by kayakers for years and were the packing vessel of choice prior to the invention of dry bags. Lined stuff sacks actually take up less room than dry bags and can be easier to pack. When using this method, line a stuff sack with a garbage bag and pack as you would a dry bag. Squeeze the air out of your gear and the bag, then twist the garbage bag top up to close it. Do not tie the garbage bag or use twist ties; simply tuck the twisted end of the garbage bag down into the stuff sack before drawing the top closed. This technique is reliable but not durable so make sure you bring extra bags with you. You can improve the durability of this system by adding a 2nd stuff sack into the garbage bag creating a plastic sandwich.

Some suggestions for packing:

- Multiple smaller bags are better than a few larger ones.
- A large duffel bag is useful for transporting all your small bags to and from the water.
- A large Tupperware or Rubbermaid container is good for storing wet gear in your car.

# Course outline

## Days 1-5

Morning	Afternoon	Evening
Introductions Paperwork Menu planning Food safety Shopping Packing	Traveling On Water Communication Navigation Setting Up Camp Tarpology	Weather Wildlife Interactions
Traveling, navigation and Leadership Scenarios	Strokes and Rescues review and polishing	Cockpit Bags Weather Navigation exercises Leadership Group management
Leadership Scenarios, Traveling, Weather	Surfing	Water Treatment Weather
Leadership Scenarios Traveling Weather	Assessment	Assessment
Paddling in Currents Leadership Scenarios Traveling	Debrief, Feedback to Participants	

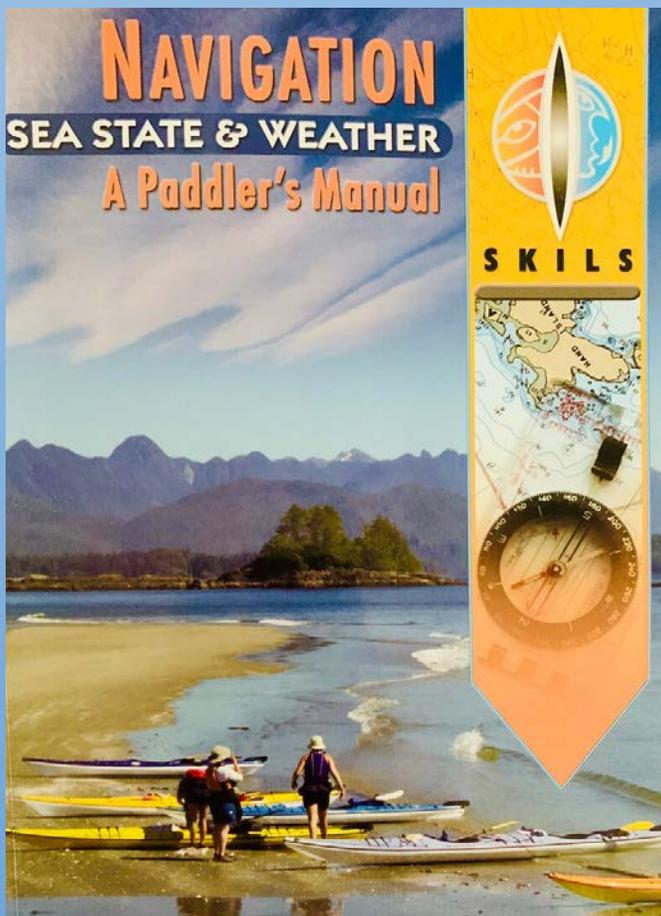
# Program preparation

In our experience, a little preparation goes a long way. Please take the time to organize your course materials early and spend some time reviewing the material.

**Paddling Practice** – It is a good idea to review your paddling skills prior to the course, especially if you haven't paddled over the winter. A trip or two to the lake or pool is recommended to test your sea legs as well as the equipment you plan to use on the course.

**Course Preparation Package** - Prior to the course you will be provided with 2 training books to help you prepare. Participants are required to read through the training books at least twice prior to the course. Reviewing this material will help you study and succeed on the written exam. Please pay particular attention to the following pages in *Navigation, Weather and Sea State – A Paddlers Manual*:

- 1-37
- 40-49
- 58-87
- 89-106
- 203-208
- 110-151
- 211-213
- 153-197



Thanks for your interest in the training. If you have any further questions feel free to touch base with Matt DeLong at [matt@candleboxkayaking.com](mailto:matt@candleboxkayaking.com).

