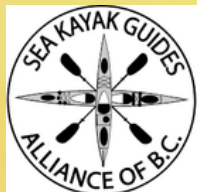




**CANDLEBOX
KAYAKING**

Sea Kayak Guides Alliance of BC Level 1 Guide Program Information Package



Program description:

Our 5 day, sea kayak guide training program provides an opportunity to acquire the knowledge and skills necessary to become a confident and competent level 1 guide recognized by the SKGABC, the highest standard for sea kayak guide certification in Canada.

This course is designed for:

- people aspiring to become sea kayak guides**
- guides already working in the industry aspiring to become certified with the SKGABC**
- recreational kayakers looking to increase their knowledge/skills in sea kayaking**

This course demands your full attention and commitment. You will challenge your boat handling skills, learn about weather, tides, currents, and navigation. Leadership skills are emphasized through hands on practice and scenarios.



Paperwork checklist:

Please use the following checklist to ensure you have received and reviewed all the required documentation prior to the program start date:

- program information package**
- SKILS waiver (please review and sign in the presence of instructor)**
- SKILS medical form (please bring a completed copy to your program)**
- Canadlebox Kayaking waiver/registration form - bring a completed copy to your program**
- SKILS training manuals - please read and be familiar with content**

Objectives/Expectations:

This five day program is designed for aspiring sea kayak leaders. Candidates are assessed on their ability to stay organized and lead extended one day sea kayak programs in class 1 waters. Successful candidates earn their SKGABC Level 1 guide status and Paddle Canada level 1 skills certification.

Objectives/Expectations cont'd:

Level 1 guides perform all skills outlined below at a high degree of proficiency while leading in class 1 waters and demonstrate personal comfort suitable for class 2 waters.

*Class 1 waters are protected waters with limited wind effect, little or no current, easy landings, and ready access to land based assistance.

*Class 2 waters are lightly populated areas with short crossings, moderate wind effects, gentle to moderate non-turbulent currents, easy to moderate landings, and light surf beaches.

Successful candidates demonstrate effective communication, leadership, and judgement throughout all aspects of the training and specifically during situations requiring instruction, scenarios, and risk management. Successful candidates also take scenarios seriously as they are evaluated on how thoroughly they deal with scenarios and take care of group members.



Paddling skills:

Successful candidates demonstrate a range of paddling skills. They can maintain efficient control of the angle, motion, and tilt of their kayak. Strokes are demonstrated on both sides. Strokes are initially assessed in controlled conditions before practical evaluations in varied conditions.

Successful candidates perform skills such as:

- basic strokes including forward, reverse, stopping, forward/reverse sweep (with and without edging), standard draw, low brace, etc.**
- safe & effective control in moving water (eddy turns & ferry glides)**

Rescue techniques:

Any or all of the required rescue techniques may be assessed in controlled conditions, or at any time during the practical evaluation in varied water conditions, and during leadership scenarios.

Successful candidates demonstrate the following skills:

- dry & accessible storage of safety equipment throughout the practical evaluation**

Rescue techniques cont'd:

- at least one re-entry which may include the use of a paddle float where the paddler gets to the point of securing the skirt and pumping out excess water within two minutes (use of a stirrup is optional).**
- at least three assisted re-entry techniques including TX, PPP, stirrup assisted re-entry.**
- at least one towing or travel assist technique including techniques appropriate for varying conditions, distances, and situations.**

Navigation:

Successful candidates use a variety of navigation tools including nautical charts, compass, tide & current tables, and Chart 1 to plan sea kayak trips

Successful candidates perform the following skills:

- identify symbols and scale on a chart**
- use Chart 1 as a reference tool**
- plot appropriate route plans with distance and time estimates**
- follow route plans/adapt them to conditions**
- use tide/current tables to predict tides/currents**
- be familiar with basic collision regulations**

Weather:

Successful candidates use a variety of weather aids to make reasonable 6-12hr weather predictions used within the context of a sea kayak trip.

Successful candidates:

- describe weather phenomena including small scale features (land and sea breezes, gap and corner winds, fog types)**
- observe and describe local weather trends (re: cloud, wind, and precipitation) and it's relevance to trip and route planning**
- access a marine weather forecast and and interpret it's relevance to trip and route planning**

Emergency Signaling & Radio Use:

Successful candidates demonstrate proficiency with a variety of communication devices appropriate to their area of travel including VHF radio and flares.

Successful candidates:

- perform routine communications for logistics (using appropriate language, clarity, brevity, precision, etc.)**

Emergency Signaling & Radio Use cont'd:

- use proper communication procedures for an emergency call (to coast guard or JRCC)**
- provide care for and properly use flares (including knowledge of types, limitations, sequencing, and safe ignition)**
- are competent with alternate one way signaling options (smoke , signal mirror, strobe, EPIRB, PLB, etc.)**

Leadership and judgment:

Successful candidates demonstrate strong leadership skills in various situations including rescue/re-entry scenarios, and during the daily routines of paddling and/or overnight group travel. Candidates demonstrate good judgment and preventative risk management for group safety on and off the water. The candidate combines various problem solving, rescue, and group management techniques to resolve scenarios.

Successful candidates:

- communicate effectively to individuals and to the group**
- detect and correct errors in clients forward stroke to prevent injury/improve efficiency**
- assert effective group control on land and water**

Leadership and judgment cont'd:

- are aware of individual and group needs
- provide leadership through clear communication and decision making
- provide ongoing risk management and assessment including:
 - following safety practices and procedures for landing, launching, and on water travel
 - follow safety practices for on-land group management (site orientation, setting parameters, etc).
 - problem solve for minor issues (equipment /clients)
 - scenario management and resolution (including managing capsizes , illness, injury, missing client, equipment loss/damage

Trip preparation:

Successful candidates demonstrate an understanding of the stages & importance of trip preparation.

Trip preparation cont'd:

Successful candidates:

- perform thorough & effective equipment checks**

Environmental impact awareness:

Successful candidates demonstrate an awareness of and explain the positive and negative impacts of commercial sea kayaking. Candidates demonstrate an awareness of and explain the potential negative impacts of sea kayakers on coastal/marine ecosystems.

Successful candidates:

- follow guidelines and strategies to minimize group impact while traveling on the water (marine life) and in camp (erosion, waste, vegetation, fresh water, visual, fire, wildlife, etc)**
- properly dispose of human waste and understand/utilize guidelines/strategies**

Evaluation:

Evaluation includes a written exam, on water paddling skills assessment, and on water leadership assessments

Our classroom:

The community room of the McKay Memorial Library, 17 Glasgow St., Shelburne serves as our indoor classroom. Historic Shelburne Harbour, once considered one of the top three natural harbours in the British Empire serves as our on water classroom. The picturesque town of Shelburne was the largest "city" in Canada (and fourth largest in North America) in the late 18th century. It now serves as a commercial hub for the most lucrative lobster fishery in the country, is a busy shipbuilding centre, and boasts award winning cafes/restaurants and craft breweries . Eagles, Osprey, seals, and porpoises frequent the harbour. The area provides the variety of conditions required for this training.

Accommodations/meals/transportation:

Participants are responsible for their own accommodations, transportation, and meals. Affordable camping with showers/services are available at nearby The Islands Provincial Park. A variety of B&B's, cottages, rentals, and motels are also available and Candlebox Kayaking is happy to make recommendations upon request. Most amenities, including a large grocery store, are within a 5min drive of the training. Affordable shuttles from Halifax Stanfield International Airport to Shelburne are also available. Please contact Candlebox Kayaking for details.

What SKILS and Candlebox Kayaking are responsible for:

SKILS provides quality course direction/administration, experienced guide trainers and coordinates logistics with it's partner, Candlebox Kayaking.

Candlebox Kayaking provides specialized equipment such as sea kayaks (and equipment), drysuits (on "first come/first served" basis), VHF radios, group equipment, first aid equipment, and kayak repair equipment.

What you are responsible for:

- snacks/water bottle
- program paperwork
- personal clothing
- sunscreen
- sunglasses
- toque
- extra clothing



Course Outline:

Below is a general outline for the training. Depending on conditions, class size, and classroom availability the schedule may change. This training covers a lot of material in a very short period of time. Candidates are discouraged from planning anything else during this period.

	Morning	Afternoon	Evening
Day One	Introductions Paperwork Weather	Kayak basics Strokes and rescues	Lap bag and tools of the trade
Day Two	Weather Navigation	Strokes, rescues and towing	Rout plan Pre and trip planning
Day Three	Environmental awareness Group management and leadership	Strokes and rescues	
Day Four	Weather Navigation	Currents: theory and practice	
Day Five	Leadership scenario's	Exam	

Course materials & preparatory reading:

In our experience a little preparation goes a long way. Please take the time to organize/review your course materials early. It is also a good idea to review paddling skills prior to the course, especially if you haven't paddled over the winter. Spend some time in a lake or at the pool prior to the training to test your skills and equipment (if using your own). For winter pool sessions and spring sea kayak training opportunities, please contact Candlebox Kayaking.

Prior to the training you'll be provided with two books (*SKILS Guide Manual*, and *Navigation, Sea State, and Weather - A Paddlers Manual*). Participants are required to read through the training books thoroughly prior to the course. Reviewing this material will help in preparation for the written exam. Please review the entire *SKILS Guide Manual*. The following pages of *Navigation, Sea State, and Weather* are required reading:

| 1 to 37

| 40 to 49

| 58 to 87

| 89 to 106

| 110 to 151

| 153 to 197

| 203 to 208

| 211 to 213



For more information or to register
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