



Program Information Package

Paddle Canada Level Two Skills Training



Program Description

Our 5-day Level 2 Skills program provides the skills and knowledge for proficient kayaking in moderate conditions along a moderately exposed shore with frequent easy landing opportunities. This overnight touring and intermediate boat handling course will focus on skills such as forward stroke development, effective bracing, maneuvering in waves and currents, rescues, towing, navigation and weather interpretation. On the last two days of the course we will go on an overnight trip to develop kayak touring skills.

This course is designed for:

- Advanced Beginners to Intermediate recreational kayakers looking for an introduction to the knowledge, skills and understanding of kayak touring in ocean and open water touring; and
- Kayakers looking to increase their boat handling skills in more dynamic water

Paperwork Checklist

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

- ✓ Paddle Canada Level Two Skills Training Program Document – please review
- ☐ Paddle Canada Waiver - please review and sign in the presence of your instructor
- ☐ SKILS Waiver – please review and sign in the presence of your instructor
- ☐ SKILS Medical Form – please bring a completed copy to your program

Program Logistics

Program Prerequisites

- Paddle Canada Level-1 Skills certification or equivalent skill and knowledge.
- At least 3, one day long, kayaking trips in different locations.

You can enter this course with no prior certification. However, this is an intermediate course and not an introduction to boat handling, rescues and safety. If you are unsure of your ability to take this course, please call us to discuss your concerns. The assessment part of this course is optional.

Our Classroom

The first 3 days of the program are based out of the beautiful and convenient Discovery Island Lodge (www.discovery-islands-lodge.com) on Quadra Island. This beautiful waterfront property offers easy access to an un-crowded paradise of clear sheltered ocean, tidal rapids, marine parks, abundant wildlife, spectacular rainforest, and towering mountain vistas. The theory sessions are run in a warm indoor classroom, we launch for the practical sessions from the Lodge's private dock and you can finish the day relaxing in the sauna. The last two days of the trip will be spent on an overnight expedition with wilderness camping.



Meals

Please make sure your meals are nutritious and **quick** to prepare. The course is intense and fun. It covers a lot of material with little downtime during the course. We recommend you not plan any personal activities in the evenings. This course requires your full commitment during the morning, afternoon and evening. The lodge has a kitchen. Please bring meals that are quick to prepare and nutritious to maximize learning opportunities. For food storage, please bring mice-proof boxes like large Tupperware plastic boxes with a lid or a regular plastic cooler. The lodge also has a barbecue, fridge, freezer and plenty of fresh water. Be prepared to bring your lunch with you in your kayak, and bring all your food for the overnight camping expedition. Snacks are recommended to help fill in the hunger gaps between meals. Grocery stores are very far away from the lodge.

Accommodation

Accommodation is provided at Discovery Island Lodge on the evening prior to the course and on the following 3 evenings. We recommend you arrive on the evening prior to the course to avoid any unforeseen events. Our final night will be spent camping in a wilderness setting. The Lodge provides accommodation and offers a full kitchen, showers, sauna, and other amenities. A total of 4 nights at the Lodge are already paid for you. For the storage of your food, please bring mice-proof boxes like large Tupperware plastic boxes with a lid or a hard shell cooler. The Lodge is reached via the Quadra Island ferry from Campbell River on Vancouver Island. Detailed directions can be found on the lodge website www.discovery-islands-lodge.com. The last gas station is in Quathiaski Cove near the BC ferry terminal on Quadra Island although fuel is much cheaper in Campbell River so we suggest filling up there. From the ferry terminal, the trip to the Lodge will take approximately 45 minutes so please be sure you have plenty of gas to get there and return. The road becomes a

narrow logging road before you reach the lodge. Please be careful of the soft shoulder and drive in the middle of the road where possible! The driveway down to the lodge is very steep with limited room to turn around. If you are uncertain about your car's ability to handle the last 100m, please park at the top and walk down to check it out first. You can check some tips on how to use the lodge: <https://discovery-islands-lodge.com/accommodation/>

What to Bring

Fees include instruction, specialized equipment such as flares and VHF Radios, group equipment such as tarps, and safety equipment such as first aid kits and kayak repair kits. Personal gear, immersion gear, camping equipment, kayak, kayak equipment and food are not included in the course fees. You will need to bring your own kayak and kayaking equipment or rent from Discovery Island Lodge (<https://www.coastmountainexpeditions.com/discovery-lodge-bb/equipment-rentals-at-discovery-islands-lodge/>) If you need to rent immersion gear, you can rent from SKILS via www.skils.ca/rentals/. Please get in touch at least a week before the course if you want to hire a kayak or immersion gear. A complete list of equipment you should bring is provided below.

Equipment List

*Indicates optional items

Kayak

- ☐ Seaworthy kayak – The kayak must have positive buoyancy, not leak and be able to carry enough gear for 2 days.

Kayaking Equipment

- | | |
|---|--|
| <input type="checkbox"/> Paddle | don't have a tow line, we can provide one for you at no cost. |
| <input type="checkbox"/> *Spare paddle | |
| <input type="checkbox"/> Foam PFD - Canadian Coast Guard approved (inflatable PFD not allowed) | <input type="checkbox"/> *Stirrup – 4.5 m loop of buoyant 3/8 inch rope. If you don't have a stirrup, we can provide one for you at no cost. |
| <input type="checkbox"/> Whistle | <input type="checkbox"/> Paddling helmet- We can provide one for you at no cost. |
| <input type="checkbox"/> Hand pump | <input type="checkbox"/> Paddle float |
| <input type="checkbox"/> 15 m Buoyant heaving line | |
| <input type="checkbox"/> *Sea kayak towline – The towline should be between 5 and 15 meters long and have a quick release. If you | |

Navigation Equipment

- | | |
|---|--|
| <input type="checkbox"/> 2 pencils for chart work | <input type="checkbox"/> Orienteering Compass |
| <input type="checkbox"/> Chart case – large zip lock will work, but not very well | <input type="checkbox"/> Marine Compass (highly recommended) |
| | <input type="checkbox"/> Chart #3539 Discovery Passage |

Camping Gear

If you are paddling with friends you may choose to share a tent

- | | |
|--|---|
| <input type="checkbox"/> Tent | <input type="checkbox"/> Sleeping mat |
| <input type="checkbox"/> Sleeping bag – 3 season bag with synthetic insulation | <input type="checkbox"/> *Tarp with thin cord |
| | <input type="checkbox"/> *Pillow case |

Kitchen

If you are paddling with friends you may wish to share some of the following items

- | | |
|--|---|
| <input type="checkbox"/> Bowl | <input type="checkbox"/> Scrub brush |
| <input type="checkbox"/> Insulated mug | <input type="checkbox"/> Hand sanitizer |
| <input type="checkbox"/> Knife, fork, and/or spoon | |
| <input type="checkbox"/> Stove | |
| <input type="checkbox"/> Pots and pans | |
| <input type="checkbox"/> Camp soap | |

Toiletries

- ☐ Toothbrush and toothpaste
- ☐ Sunscreen and lip balm with high SPF protection (30 +)
- ☐ Toilet paper
- ☐ Small first aid kit
- ☐ Camp towel
- ☐ Pads and/or Tampons

Immersion Clothing

- ☐ 4 or 5 mm Wetsuit and paddling jacket or drysuit suitable for extended cold-water immersion on the west coast.

When choosing what to wear while paddling, please bear in mind that you will need to wear your immersion gear at all times on the water, and we will usually go on the water every day during the course. If you want to rent a drysuit or 5mm wetsuits with booties please check our website at <https://skills.ca/rentals/>. Make sure you reserve your rental equipment at least 7 days before the course starts.

- ☐ Neoprene booties or other immersion footwear
- ☐ Immersion gear
- ☐ Paddling gloves or poggies

Food and Water

Each participant is responsible for their own food and water. Plan for 3 litres of water per person per day while on the overnight trip. The lodge has plenty of fresh water.

Personal Clothing

These are just guidelines to assist you with your packing. Feel free to bring more or less as you feel necessary

Torso

- ☐ Rain Jacket
- ☐ 1-2 fleece or wool sweaters/jackets
- ☐ 2 pair long jane/john tops
- ☐ 1-2 t-shirts
- ☐ 1 wind breaker

Legs

- ☐ Rain Pants
- ☐ 1-2 pair pants – At least one should be made of nylon
- ☐ 1 pair fleece or wool pants
- ☐ 1 pair long john/jane bottoms
- ☐ 1 pair shorts
- ☐ *Bathing suit

Feet

- ☐ 2-3 pair warm sock made with synthetics and/or wool
- ☐ *2 pair liner socks – Polypropylene or wool are common materials
- ☐ 1 pair camp shoes – Sneakers work well
- ☐ *1 pair rubber boots
- ☐ Indoor footwear for the lodge
- ☐ 1 pair sport sandals or shoes that can get wet.
- ☐ Head
- ☐ 2 wool or fleece caps
- ☐ 1 Brimmed hat or baseball cap
- ☐ Hands
- ☐ 1 pair of fleece or wool gloves

Miscellaneous Gear

- ☐ Headlamp or Flashlight with extra batteries
- ☐ Notebook with pencils and/or pens
- ☐ Water bottle
- ☐ *Indoor shoes or slippers for inside the lodge
- ☐ Pocket Knife
- ☐ Sunglasses with good UV protection with retriever strap
- ☐ Spare garbage bags and zip locks

Optional Items

- ☐ *Binoculars
- ☐ *Flares
- ☐ *VHF Marine Radio or Weather Radio
- ☐ *GPS

Packing

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 zip locks 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 especially designed for paddle sports and are available at most sporting goods stores. Depending on the closure system they do not always keep all the water out. Test them in the shower before the trip. Make sure you have enough dry bags for your personal gear. We find that 20 litre dry bags or smaller work well.



Stuff Sack with Garbage Bag Liner Method

This is the tried and true method of years gone by. Line a stuff sack with a garbage bag.

Pack as normal. Squeeze the air out before twisting the garbage bag top. Don't tie the garbage bag or use twist ties. Simply tuck the twisted end 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. This method takes up less room than dry bags and makes the kayak easier to pack.

Some suggestions for packing

- Lots of smaller bags are better than a few larger ones
- A large duffel bag or IKEA type bag is useful for transporting all your small bags

Course Outline

This is a general outline for the Paddle Canada Level 2 Skills Course. Depending on location, class size, and weather, the schedule will change. The course 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	<ul style="list-style-type: none"> Icebreakers Learning Objectives Course Overview Paddle Canada Forms Equipment Go / No Go Strokes 	<ul style="list-style-type: none"> Go / No Go Strokes Rescues Communication Intro to Weather 	<ul style="list-style-type: none"> Tides and Currents Calculations
Day Two	<ul style="list-style-type: none"> Icebreakers Equipment for L2 paddler Go /No Go w/T&C and WX Communication and leadership Weather 	<ul style="list-style-type: none"> Rescues Towing Hyperthermia Intro to Rolling 	<ul style="list-style-type: none"> Navigation Rescue Discussion
Day Three	<ul style="list-style-type: none"> Strokes and Rescues Weather 	<ul style="list-style-type: none"> Paddling in the Currents 	<ul style="list-style-type: none"> Preparation for Overnight Float plan Cool Gear
Day Four	<ul style="list-style-type: none"> Packing a kayak for overnight touring – Go or No Go Navigation Weather (WX) Traveling 	<ul style="list-style-type: none"> Go / No Go Route finding and navigation Transitions and camp craft Set up Camp Traveling 	<ul style="list-style-type: none"> Navigation & WX review Q &A Group activity
Day Five	<ul style="list-style-type: none"> Traveling Go / No Go Trip Planning 	<ul style="list-style-type: none"> Traveling Rolling Group debrief Individual debrief <p>Course ends at 1630</p>	

Course Materials & Background Reading

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. 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.

You need to complete some theoretical learning prior to your course via our online classroom which contains a lot of interactive videos, reading and quizzes where you can test your learning. If this is your first time, plan to spend 30 hours of online work in the classroom. In case you have limited time or have to deal with an unforeseen life situation we would like to suggest you triage your workload in the online classroom as such;

- Don't do the Above and Beyond sections which are optional.
- Make sure you do all the quizzes that are not in the Above and Beyond sections. The quizzes are very important

Most of the reading in our online classroom is from our training manuals. You will receive a free copy of these books at the start of your course. If you don't have access to the internet prior to the course, or you prefer reading books

instead of a computer screen, we can ship you the hard copies of the training manuals in advance, or send you a link to download the eBooks. The cost of shipping the hard copies is Ca \$25 if you are within Canada and will vary to other countries.

If you read the hard copies of the training manuals in lieu of most of the online lessons, you will need to read the following pages

Navigation, Sea State and Weather. A Paddler's Manual. Freedom of the Seas Volume 1. Second Edition

Read pages 13 to 54, pages 62 to 118, pages 126 to 218, pages 226 to 236 and pages 242 to 251

Sea Kayak Touring and Leadership Manual. Freedom of the Seas Volume 2.

Read pages 19 to 130, pages 161 to 176, pages 195 to 203, pages 217 to 237, pages 297 to 387 and page 408

You will be sent a link to access the online classroom 30 days before your course starts. Let us know by emailing us at info@skills.ca if you want to start work in the online classroom before that so you can learn at your own pace without a time constraint.



Thank you for enrolling in our skills training program. If you have additional questions or concerns, please contact us at info@skills.ca. We look forward to playing on the water with you!