



## Program Information Package

# Paddle Canada Level Two Skills Training (no camping)



## Program Description

Our 4-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 touring and intermediate boat handling course will focus on skills such as forward stroke development, effective bracing, maneuvering in waves and currents, rescues, towing and weather and navigation interpretation.

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

This course is being held in the Victoria area. Gyro Park in Cadboro Bay and Discovery Island will be our outdoor classroom. Cadboro Bay is a popular location due to its beautiful sandy beach.



## Meals

You are responsible for all your meals. Please be prepared to bring your meals with you in your kayak. Snacks are recommended to help fill in the hunger gaps between meals.

## Accommodation

Participants are responsible for their own accommodation in the Victoria area.

## 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, kayak, kayak equipment and food are not included in the course fee. A complete equipment list is provided below.

## Equipment List

### *Kayak*

- Sea worthy kayak – The kayak must have positive buoyancy. Your kayak must float while upside down.

### *Kayaking Equipment*

- Paddle
- Spare paddle

- PFD - ULC approved
- Whistle
- Hand pump
- 15 m Buoyant heaving line
- Sea kayak towline – The towline should be between 5 and 15 meters long and have a quick release.
- Stirrup – 4.5 m loop of buoyant 3/8 inch rope
- Paddle float

### **Navigation Equipment**

- 2 pencils for chart work
- Chart 3424 - Approaches to/Approches à Oak Bay

### **Food and Water**

Each participant is responsible for their own food and water.

### **Immersion Clothing**

Wet suit and paddling jacket or dry suit 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. 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 kayak, drysuit, wetsuit or any other gear, please check our website at <https://skills.ca/rentals/> . Make sure you book your rental **a long time** before the course starts.

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

### **Miscellaneous Gear**

- Notebook with pencils and/or pens
- Water bottle
- Pocket Knife
- Sunglasses with good UV protection with retriever strap
- Sunscreen and lip balm with high SPF protection (30 +)

### **Optional Items**

- Flares
- VHF Marine Radio or Weather Radio
- GPS
- Reading material

# 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.

	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
<b>Day One</b>	<ul style="list-style-type: none"> <li>• Icebreakers</li> <li>• Learning Objectives</li> <li>• Course Overview</li> <li>• Paddle Canada</li> <li>• Forms</li> <li>• Equipment</li> <li>• Go / No Go</li> <li>• Strokes</li> </ul>	<ul style="list-style-type: none"> <li>• Go / No Go</li> <li>• Strokes</li> <li>• Rescues</li> <li>• Communication</li> <li>• Intro to Weather</li> </ul>	<ul style="list-style-type: none"> <li>• Tides and Currents Calculations</li> </ul>
<b>Day Two</b>	<ul style="list-style-type: none"> <li>• Icebreakers</li> <li>• Equipment for L2 paddler</li> <li>• Go /No Go with tides, currents and weather</li> <li>• Communication and leadership</li> <li>• Weather</li> </ul>	<ul style="list-style-type: none"> <li>• Rescues</li> <li>• Towing</li> <li>• Hyperthermia</li> <li>• Intro to Rolling</li> </ul>	<ul style="list-style-type: none"> <li>• Navigation</li> <li>• Rescue Discussion</li> </ul>
<b>Day Three</b>	<ul style="list-style-type: none"> <li>• Strokes and Rescues</li> <li>• Weather</li> </ul>	<ul style="list-style-type: none"> <li>• Paddling in the Currents</li> </ul>	
<b>Day Four</b>	<ul style="list-style-type: none"> <li>• Navigation</li> <li>• Weather (WX)</li> <li>• Float plan</li> <li>• Cool Gear</li> </ul>	<ul style="list-style-type: none"> <li>• Rolling</li> <li>• Group debrief</li> <li>• Individual debrief</li> </ul>	

Thirty (30) days prior to the course, we will give you access to our online classroom. You are required to do the reading in the online classroom prior to the start of the course. This will help you to learn faster, reduce your stress, and get the best out of the in person section of the course. The "Above and Beyond" sections of the online classroom are not mandatory but if you are super keen, curious, or have time, you can learn much more in these sections. The online classroom is based on content from our books and training manuals. When we meet you on the first morning of the course, we will give you the hard copies so you can easily review the information when needed. If you don't have access to the internet prior to the course, we can ship you the hard copies of the training manuals. The cost is Ca \$25 if you are within Canada and will vary to other countries. Most of the reading in our online classroom is from our training manuals. Also, some people prefer to read hard copies instead of reading a computer screen.

Let us know by emailing us at [info@skils.ca](mailto:info@skils.ca) if you want to start to work in the online classroom more than 30 days prior to your course so you can learn at your own pace without a time constraint. If this is your first time, plan to spend 25 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 work load in the online classroom as such

Don't do the Above and Beyond sections which are optional.

Read the SKILS Touring Manual last.

Make sure you do all the quizzes that are not in the Above and Beyond sections. The quizzes are very important.



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