



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. 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 evening. This course requires your full commitment during the morning, afternoon and evening.

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. If necessary, you can rent a kayak, kayaking equipment and immersion gear by contacting directly Ocean River Sports <https://oceanriver.com/> or Best Coast Outfitter <https://www.bestcoastoutfitters.com/>

Equipment List

Kayak

- ❑ Seaworthy kayak – The kayak must have positive buoyancy. Your kayak must float while upside down and no leak.

Kayaking Equipment

- ❑ Paddle
- ❑ Spare paddle
- ❑ Foam PFD - ULC approved (inflatable PFD not allowed)
- ❑ 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. We can provide one for free if you don't have one.
- ❑ Stirrup – 4.5 m loop of buoyant 3/8 inch rope. We can provide one for free if you don't have one.
- ❑ 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

Wetsuit and paddling jacket 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. 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. 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 +)
- ❑ Hand sanitizer

Optional Items

- ❑ Flares
- ❑ VHF Marine Radio or Weather Radio
- ❑ GPS
- ❑ Reading mater

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 is intense and fun. It covers a lot of material with little downtime during the course. We recommend you do not plan any personal activities in the evening. This course requires your full commitment.

	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 with tides, currents and weather 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"> Weather
Day Four	<ul style="list-style-type: none"> Navigation Weather (WX) Float plan Cool Gear 	<ul style="list-style-type: none"> Rolling Group debrief Individual debrief <p>You will be done 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 receive a link to access the online classroom 30 days before your course starts. Email us at info@skils.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@skils.ca. We look forward to playing on the water with you!