



## Program Information Package

# 5-Day SKGABC Level 1 Guide & Paddle Canada Level 1 Skills - Ucluelet



## Program Description

Our 5-day, sea kayak Day Guide training programs provide an opportunity to acquire the knowledge and skills necessary to become a confident and competent sea kayak Day Guide recognized by the SKGABC.

This course is designed for:

- People aspiring to become guides
- Guides aspiring to become certified by the SKGABC
- Recreational kayakers wishing to increase their knowledge, skills and understanding of sea kayaking

The course demands your full attention and commitment. You will challenge your boat handling skills and learn about weather, tides and 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:

- Level 1 (Day) Guide Program Document – please review
- SKILS Waiver – please review and sign in the presence of your instructor
- SKILS Medical Form – please bring a completed copy to your program
- SKILS Online Classroom – please review

# Objectives and Expectations

## Objective

This 5-day program is designed for aspiring sea kayak leaders. Candidates will be assessed on their ability to organize and lead an extended one-day sea kayak program in Class 1 waters. Successful candidates will be awarded SKGABC Day Guide / Level 1 Guide status and Paddle Canada Level 1 Skills.



## Expectations

Level One Guides are expected to perform all the skills outlined below with a high degree of proficiency while leading in class 1 waters and demonstrating personal comfort suitable for class 2 waters.

- Class 1 waters: Gentle tours in non-challenging, protected waters with limited wind effect, little or no current, easy landings and ready access to land-bases assistance.
- Class 2 waters: Tours in lightly populated areas with short crossings, moderate potential wind effects, gentle to moderate non-turbulent currents, easy to moderate landings and light surf beaches.

All successful candidates will clearly demonstrate effective communication, leadership and judgment throughout all aspects of the examination and specifically during situations requiring instruction, scenarios, or risk management. Candidates should take the scenarios seriously as they will be evaluated on how thoroughly they follow through in these scenarios and look after all group members.

### *Paddling Skills*

Candidates will demonstrate a range of paddling skills such that they are able to maintain efficient control of the angle, motion, and tilt of their kayak. Strokes must be demonstrated on both sides. Strokes will be initially assessed in controlled conditions then throughout the practical evaluation in varied water conditions.

Specifically, the candidate will perform the following skills:

- Basic strokes (forward, reverse, stopping, forward and reverse sweeps with and without edging, underwater recovery draw, low brace, low brace turn)
- Demonstrates 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.

Specifically, the candidate will perform the following skills:

- Dry and accessible storage of safety equipment throughout the practical evaluation.
- Candidates will demonstrate 1 self-rescue technique;
  - Self rescue with paddle float to the point of securing the skirt and beginning to pump out water within 2 minutes; use of stirrup optional
- Candidates will demonstrate 3 assisted-rescue techniques;
  - T Rescue.
  - Parallel Rescue.
  - Sling rescue / stirrup re-entry.
- Candidates will demonstrate 1 towing or travel-assist technique
  - Technique should be appropriate for different distances, sea conditions, and situations.

### Navigation

The candidate will use a variety of navigation tools including nautical charts, compass, Tide and Current Tables, and Chart One to plan a sea kayak trip.

Specifically, the candidate will perform the following skills:

- Identify symbols and scale.
- Use Chart One as a reference tool.
- Plot appropriate route plans with distances and time estimates.
- Follow route plans and adapt to conditions.
- Use Tide and Current Tables to predict tides and currents.
- Familiarity with basic collision regulations (re: right of way).



### Weather

The candidate will use a variety of weather aids to make reasonable 6 to 12 hour weather predictions to be used within the context of a sea kayak trip.

Specifically, the candidate will perform the following skills:

- Describe weather phenomena including small-scale features (land and sea breezes, gap and corner winds, fog types),

- Observe and describe current local weather trends (re: cloud, wind, and precipitation) and the relevance to trip and route planning,
- Access the marine weather forecast and interpret the relevance to trip and route planning.

### ***Emergency Signaling and Radio Use***

The candidate will demonstrate proficiency with a variety of communication devices appropriate to the area of travel. Devices will include VHF radio and flares.

Specifically, the candidate will perform the following skills:

- Routine communications for logistics (e.g. using appropriate language, clarity, brevity, precision, etc.)
- Proper communication procedures for an emergency call (to Coast Guard Radio or direct to RCC)
- Care and proper use of flares (including types, limitations, sequencing, and safe ignition).
- Alternate one-way signaling options (e.g. smoke fire, signal mirror, strobe, EPIRB, PLB, etc).

### ***Leadership and Judgment***

The candidate will demonstrate strong leadership skills in a variety of situations including rescue scenarios and during the daily routines of paddling and or overnight group travel. The candidate will demonstrate good judgment and preventative risk management for group safety both on and off the water. The candidate will combine a variety of problem solving, rescue, and group management techniques to successfully resolve staged scenarios.

Specifically, the candidate will perform the following skills:

- Communicate effectively to individuals and group,
- Detect and correct errors in client's forward stroke to prevent injury and improve efficiency,
- Assert effective group control on land and water,
- Awareness of individual and group needs,
- Leadership through clear communication and decision-making.
- Ongoing risk management and assessment;
  - Follows general safety practices and procedures for landing, launching, and on-water travel,
  - Follows general safety practices and procedures for on-land group management (site orientation, setting parameters, etc.),
  - Problem-solving for minor issues (equipment and clients),
  - Scenario management and resolution (including potential capsize(s), illness and injury, missing client, equipment loss or damage).

### **Trip Preparation**

The candidate will demonstrate an understanding of the stages and importance of trip preparation. Specifically, the candidate will perform the following skills:

- Equipment check.

### **Environmental Impact Awareness**

The candidate will demonstrate an awareness of and explain the positive and negative impacts of commercial sea kayaking in coastal BC communities and environments. The candidate will demonstrate an awareness of and explain the potential negative impact by sea kayakers on coastal and marine ecosystems.

Specifically, the candidate will describe or demonstrate the following skills:

- Guidelines and strategies for minimizing group impact while traveling on the water (marine life) and in camp (erosion, waste, vegetation, fresh water, visual, fire, wildlife, etc.).
- Proper human waste disposal (guidelines, strategies, concerns).

## **Evaluation**

The evaluation will comprise of a written test, on-water general paddling skills assessments, and on-water leadership assessments.

# **Program Logistics**

## **Our Classroom**

Little Beach, Ucluelet Inlet, and the coastline of Clayoquot Sound 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.

## **Accommodation**

There is no camping component to this course. Participants are responsible for their own accommodation throughout the program. Affordable accommodation is available in Ucluelet.

We suggest the following places:

Surf Junction Campground: 1-877-922-6722 or [www.surfjunction.com](http://www.surfjunction.com)

C&N Backpackers Hostel: (250) 726-7416 or [www.cnnbackpackers.com](http://www.cnnbackpackers.com)

Little Beach Resort: (250) 726-4202 or [www.littlebeachresort.com](http://www.littlebeachresort.com)

Surf's Inn Guesthouse: (250) 726-4426 or [www.surfsinn.ca](http://www.surfsinn.ca)

Pacific Rim Motel 1-800-810-0031 or [www.pacificrimmotel.com](http://www.pacificrimmotel.com)

You may find these links useful while shopping for an accommodation provider.

[www.booking.com](http://www.booking.com)

<https://www.discoverucluelet.com>

<https://pacificrimmotel.com>

<https://www.airbnb.ca/>

## What SKILS is Responsible For

SKILS will provide 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. For personal equipment, SKILS will provide immersion gear, kayaks and kayak accessories for participants who need them. SKILS will be transporting the kayaks during the course. Membership to the SKGABC will also be covered through your registration program fee.

## What You Are Responsible For

You are responsible for all meals during the program. On days 2 through 5, plan on having lunch on the water. Participants are encouraged to bring extra snacks to fill in the holes and satisfy personal tastes. 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.

## List of Required Gear

- Snacks and water bottle
- Program paperwork
- Personal clothing
- Sunscreen
- Sunglasses
- Toque
- Hand sanitizer
- Extra Clothing

## Course Outline

This is a general outline for the Day Guide Course. Depending on location, class size, and availability of the classroom, 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
<b>Day One</b>	Introductions Paperwork Weather	Kayak basics Strokes and rescues	Recording the Weather
<b>Day Two</b>	Weather Navigation Lap bag and tools of the trade	Strokes, rescues and towing	Recording the Weather
<b>Day Three</b>	Environmental awareness Group management and leadership	Strokes and rescues	Recording the Weather
<b>Day Four</b>	Weather Navigation Route plan Pre and trip planning	Currents: theory and practice	Recording the Weather
<b>Day Five</b>	Leadership scenario's	Exam Course ends at 1630	

## 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 40 hours of online work in the classroom. If you already used the SKILS online classroom for any Paddle Canada Level 2 skills or higher course, plan to spend only 20 hours in the online 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.

- 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 194, pages 205 to 238, pages 313 to 388 and pages 408 to 427.

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@skils.ca](mailto:info@skils.ca) if you want to start to work in the online classroom before that so you can learn at your own pace without a time constraint.

## The Sea Kayak Guides Alliance of BC (SKGABC)

More detailed information about the Sea Kayak Guides Alliance, the benefits of membership, and its standards are available through the organization's website at [www.skgabc.com](http://www.skgabc.com).



Thank you for enrolling in our guide-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!