



## Program Information Package

# SKGABC Level 3 Guide Workshop



## Program Description

This course is designed for motivated individuals seeking to become certified Lead Guides/Level 3 Guides with the Sea Kayak Guides Alliance of BC (SKGABC). The program will prepare candidates for the SKGABC Lead Guide/Level 3 Guide exam by increasing skills and filling knowledge gaps to allow candidates to be successful. While the course does not include the SKGABC Lead Guide/Level 3 Guide exam, candidates showing a high level of competency will be awarded Paddle Canada Level 2 Skills.

## 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 3 Guide Workshop 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
- Policy and Procedures Document – please review
- SKILS Online Classroom – please review

# Program Logistics

## Prerequisites

Interested candidates should have extensive (over 50 days) previous sea kayak guiding experience and be already certified as an Assistant Overnight Guide or as a Level 2 Guide. If you do not meet these prerequisites, and are interested in challenging this program, please make arrangements to take appropriate training before this course. Please note that this course is very intense as well as mentally and physically demanding.



## Our Classroom

Clayoquot Sound will be our classroom. These stretches of coastline are varied and offer the diversity we need to complete our training. We will experience some of its diversity as we paddle in currents, surf, navigate, and lead scenarios.

## What SKILS Provides

The cost of the program includes instruction, instruction manuals, Paddle Canada fees, and camping fees. We will also provide:

- Group First aid kit
- Group tarp
- Flares
- Course learning materials

## List of Required Gear

You are responsible for bringing the following:

- ❑ Kayak
- ❑ Kayak accessories
- ❑ Meals for the 3 days
- ❑ Water
- ❑ Extra snacks
- ❑ Immersion Clothing
- ❑ Personal camping gear
  - Tent
  - Sleeping bag
  - Clothes
  - Dry bags
- ❑ Transportation

## Equipment

Below is a detailed packing list for kayak touring for you to review if you are not sure what to bring. Please do not bring cotton clothing. \* indicates optional items

### Immersion Clothing

During this program we will spend lots of time in wind, waves, and currents as well as engage in several extended incident scenarios. As a consequence, we will spend a lot of time wet, in the water, and on beaches; please bring lots of immersion clothing. You must have a dry suit or wet suit for the course. Immersion clothing includes:

- A wet suit and paddling jacket, or a 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.
- Neoprene booties or other immersion footwear
- Paddling gloves or poggies

### Kayaking Equipment

- Sea worthy kayak – your kayak must have positive buoyancy and be able to carry enough gear for 3 days.
- Paddle
- Sprayskirt
- Spare paddle
- PFD - Canadian Coast Guard approved
- Whistle
- Hand pump
- Sea kayak towline – your towline should be between 5 and 15 metres long and have a quick release.
- Helmet – your helmet must be designed for surf kayaking or whitewater kayaking; bicycle helmets don't offer sufficient protection.
- Stirrup – 4.5 m loop of buoyant 3/8 inch rope
- Paddle float

### Navigation Equipment

- 2 pencils for chart work
- Chart case – large Ziplocs will work, but not very well
- Orienteering Compass
- \*Marine Compass

### Camping Gear

- Tent
- Sleeping bag – 3 season bag with synthetic insulation
- Sleeping mat
- Tarp with thin cord
- \*Pillow case
- Cooking gear, Food and Water for 3 days

### Bathroom

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

## Personal Clothing

### Torso

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

### Legs

- Rain Pants
- 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

- 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
- 1 pair sport sandals

### Head

- 2 wool or fleece caps
- 1 Brimmed hat or baseball cap

### Hands

- 1-2 pair of fleece or wool gloves

### Miscellaneous Gear

- Headlamp or Flashlight with extra batteries
- Notebook with pencils and/or pens
- Water bottle
- Pocket Knife
- Sunglasses with good UV protection with retriever strap
- Spare garbage bags and Ziploc's
- Lots of snacks for the entire program
- VHF Marine Radio or Weather Radio
- Cell Phone

### Optional Items

- Binoculars
- Flares
- GPS
- Thermos

## Packing your gear

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 Ziploc's 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. You will need two 20 litre bags for your sleeping bag and bulky clothing and two or three 10 to 15 litre bags for your other clothing and gear.

## 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 2<sup>nd</sup> 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 is useful for transporting all your small bags to and from the water
- A large Tupperware is good for storing wet gear in your car

## Charts/Maps and other Resources

Navigation and Weather are important components to this course. In order to participate effectively, you will need some specific resources. These resources are available online from [www.charts.gc.ca](http://www.charts.gc.ca) or other distributors. You can also rent a chart and chart case at <https://skills.ca/rentals/>.

- CHS Chart 3673 Clayoquot Sound.

## Course Outline

This is a general outline for the Level Three Workshop. Depending on location, class size, and conditions, 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> Tofino and Clayoquot Sound	Introductions Paperwork Packing Traveling	Traveling to campsite Scenarios Navigation	Route planning Weather interpretation
<b>Day Two</b> Clayoquot Sound	Surfing session	Strokes Rescues Navigation	Weather interpretation Mock written exam Individual feedback about the mock written exam
<b>Day Three</b>	Scenarios Paddling in currents	Scenarios Paddling back to Tofino Group and individual debriefings	Driving back home

## Log Books

Throughout the course we will be recording navigation, weather, and other information. You need to have a central location to keep track of this information. We suggest a Rite in the Rain™ notebook; pencils write well in these notebooks even when wet. Please bring a couple of pencils.

## Course Preparation Package

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. It will also help you succeed in your written exam. 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 30 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 15 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.

Read the SKILS Guide 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 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!