



Program Information Package

Paddle Canada Level 1 Skills Training in Kelowna

Program "Description"

Our 3-day Level 1 Skills program builds on the skills introduced in the Flatwater Paddle Canada skills course and includes practical sea kayak training and knowledge for day touring in sheltered coastal waters. Included in this course are light currents practice, weather interpretation, practical navigational exercises and planning and executing a kayaking trip with easy access to communication and emergency services.

This course is designed for:

- Beginner recreational kayakers wishing to increase their knowledge, skills and understanding of weather and navigation for planning a day trip by kayak; and,
- Kayakers continuing on to challenge the Paddle Canada Level 2 skills and Level 1 Instructor award and other higher level awards including Instructor Trainer.



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 One Skills Program Document – please review
- SKILS Waiver – please sign with your instructor at the beginning of the program
- Paddle Canada Waiver - please sign with your instructor at the beginning of the program
- SKILS Medical Form – please bring a completed copy to your program

Program Logistics

Program Prerequisites

Basic experience – minimum 10 hours of paddling

Course Content

This course is designed for individuals who wish to become more independent paddlers and begin exploring coastal waters. There is a lot of information taught in a short period of time. The skills you will learn are a necessity for day touring. The focus will be on the practical knowledge with heavy emphasis on kayak safety training:

- Rescues
- Contact tow
- Communication
- Knots
- Strokes (sweep, forward, reverse, draw, sculling draw, low brace, high brace, stern rudder)
- Journeyman and seamanship Safety
- Kayaking resources
- Paddling in Class 1 sea conditions
- Planning and executing a day sea kayaking trip in level 1 sea conditions

Meals

You are responsible for all meal. Be prepared to bring your meal with you in the kayaks. Snacks are recommended to help fill in the hunger gaps between meals.

What to Bring

In order to stay comfortable during your program, please dress appropriately for the weather and bring the following items

- Bathing suit for under a wet suit
- A complete change of warm clothing
- Sun protection
- Rain protection
- Toque
- Water
- Lunch and snacks
- Pen and paper
- Immersion gear (wetsuit, drysuit, etc.)
- Kayak, paddle, pump, sprayskirt, whistle, PFD

SKILS can rent you immersion gear, kayak, paddle, pump, sprayskirt, whistle and PFD with sufficient notice.

Course Outline

This is a general outline for Paddle Canada Level 1 Skills 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
Day One	<ul style="list-style-type: none"> • Introduction • Paperwork • Orientation • Navigation 101 • Kayak Design • Essential gear and equipment 	<ul style="list-style-type: none"> • Basic strokes and rescues
Day Two	<ul style="list-style-type: none"> • Navigation 102 • Communication • Packing a kayak • Floatplan • On water communication • Emergency Response • Weather 101 • VHF • Introduction to tides and currents • 	<ul style="list-style-type: none"> • Intermediate strokes and rescues
Day Three	<ul style="list-style-type: none"> • Trip planning • Expedition and review of all previous knowledge and skills 	Expedition and review of all previous knowledge and skills

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 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



Thank you for enrolling in our skill 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!