



## Program Information Package

### Paddle Canada Level Three Skills Training Broken Group Islands

## Program Description

Our 5-day Level 3 Skills includes practical skills and knowledge for multi-day touring on coastal waters with currents, limited landing options, challenging navigation, limited access to communication and emergency services. The focus is on the development and practical application of leadership, risk-assessment, decision-making, judgment, group management, and general seamanship. Participants will also enhance and continue to develop the skills covered in Level-2, to a higher standard of proficiency.

This course is designed for:

- Intermediate recreational kayakers wishing to increase their knowledge, skills and understanding of kayak touring to include open water touring; and,
- Kayakers continuing on to challenge the Paddle Canada Level 2 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 Three 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

- Paddle Canada Level-2 Skills, equivalent certification, or comparable skill and experience.
- Personal paddling experience in light and moderate sea conditions or higher including overnight days-extended trips of 2 or more days totaling 10 overnights.

The course requires your full attention and commitment. You will challenge your boat handling skills and knowledge in a peer-to-peer instructional setting. There is an explicit assumption on the part of the course instructors that you have previous experience including overnight trips in Class 2 water, rolling training, assisted and self-rescue practice, experience towing, piloting skills, and weather interpretation practice. If you are unsure of your ability to take this course, please call us to discuss your concerns. Participants who do not have all the prerequisites may take the course and will be awarded a conditional pass until the prerequisites are met.



## Class Size

A minimum of 3 candidates is required to run this program while the maximum group size is 8. Our small class size helps to ensure a rich learning environment with lots of opportunity for one to one coaching and feedback.

## Our Classroom

Barkley Sound is our classroom. The diversity of the area, with its sheltered arms, rocky island archipelagos, surf-swept reefs, and exposed sandy beaches is ideal for the level 3 touring award. This diverse location allows us flexibility in our route and provides us with varied terrain ideal for working on the wide range of skills covered in this course.

## Meals

You are responsible for all meals and cooking equipment throughout the course. As this is primarily a touring award, your ability to organize, pack, and prepare meals is an important component of the learning and evaluation in the course. You are welcome to share the meal preparation during the course with other students.

## Accommodation

You are responsible for all accommodation before and after the program. We start early on the first day at Toquart Bay. There is camping at Toquart Bay, which we encourage you to take advantage of. You can also stay in Ucluelet, Tofino, or Port Alberni and commute in the morning. Please plan for 1 to 1.5 hours of travel time from any of these locations.

## What to Bring

Following is a list of gear that you will need on the course. Most items are required, however, an \* indicates items that are optional. For kayak rental check <https://skills.ca/rentals/>.

### Kayaking Equipment

- Sea worthy kayak
  - Your kayak must have positive buoyancy and be able to carry enough gear for 5 days.
- Paddle
- Spare paddle
- PFD
  - Canadian Coast Guard approved
- Whistle
- Hand pump
- 15 m buoyant heaving line
- Paddle float
- Sea kayak towline
  - Your towline should be between 5 and 15 meters 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

### Navigation Equipment

- Chart
  - Canadian Hydrographic Service chart #'s 3670 Broken Group
- 2 pencils for chart work
- Chart case
  - A large zip lock will work, but not very well
- Orienteering Compass
- \* Marine Compass (highly recommended)

### Camping Gear - If you are paddling with friends you may choose to share a tent

- Tent
- Sleeping mat
- Sleeping bag
  - 3 season bag with synthetic insulation
- \*Tarp with thin cord
- \*Pillow case

### Kitchen - If you are paddling with friends you may wish to share some of the following items.

- Bowl
- Pots and pans
- Insulated mug
- Camp soap
- Knife, fork, and/or spoon
- Scrub bru
- Stove

### Food and Water

- Each participant is responsible for his or her own food and water. Plan for 3 litres of water per person per day.

## 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

## Immersion Clothing

Wet suit and paddling jacket or dry suit suitable for extended cold-water immersion on the west coast. 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/>

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

## Personal Clothing

The following is a guideline to assist you with your packing. Please bring more or less as you feel necessary.

### *Torso*

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

### *Legs*

- Rain Pants
- 1-2 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*

- 2-3 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 or shoes that can get wet.

### *Head*

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

### *Hands*

- 1 pair of fleece or wool glov

## 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 zip locks

## Optional Items

- \* Binoculars
- \* Flares
- \* VHF Marine Radio

## 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 zip locks 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 2 or 3 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.

### **A couple final pointers...**

- ❑ Lots of smaller bags are better than a few larger ones
- ❑ A large duffel bag is useful for transporting all your small bags

## Course Content

The following is a list of activities that will be reviewed in Class 2 and 3 water conditions:

- Assisted rescues
- Unassisted rescues
- All in rescues
- Rolling
- Towing
- Communication
- Knots
- Forward stroke
- Sweep forward/reverse
- Reverse strokes
- Low/high brace turn
- Draw/sculling draw
- Low/high brace
- Bow/stern rudder
- Rolling
- Towing
- Launching and landing
- Forward stroke
- Bracing
- Equipment
- Navigation and route selection
- Weather and sea conditions
- Leadership
- Group awareness
- Communication
- Safety management
- Scenarios

# Course Outline



This is a general outline for the Paddle Canada Level 3 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.

	Morning	Afternoon	Evening
<b>Day One</b> 8:30 am in Toquart Bay.	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Paperwork</li> <li>• Orientation</li> <li>• Team building exercises</li> <li>• Leadership and decision: making exercises</li> <li>• Trip Log</li> <li>• Packing</li> </ul>	<ul style="list-style-type: none"> <li>• Trip Plan</li> <li>• Travel to destination</li> <li>• Skills review</li> <li>• Camp set up/ orientation</li> <li>• Water purification</li> <li>• Hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• Navigation exercise</li> <li>• Orientation</li> <li>• Journaling</li> <li>• Group activities</li> </ul>
<b>Day Two</b> Camping	<ul style="list-style-type: none"> <li>• Team work</li> <li>• Leadership styles</li> <li>• Communication</li> <li>• Navigation scenarios</li> <li>• Emergency Response</li> </ul>	<ul style="list-style-type: none"> <li>• Weather</li> <li>• Trip Planning on Water</li> <li>• Navigation</li> </ul>	<ul style="list-style-type: none"> <li>• Night paddle</li> <li>• Journaling</li> </ul>
<b>Day Three</b> Camping	<ul style="list-style-type: none"> <li>• Rough water paddling and scenarios</li> <li>• Continued navigation</li> </ul>	<ul style="list-style-type: none"> <li>• Rough Water Paddling</li> </ul>	<ul style="list-style-type: none"> <li>• Tripping</li> </ul>
<b>Day Four</b> Camping	<ul style="list-style-type: none"> <li>• Weather</li> </ul>	<ul style="list-style-type: none"> <li>• Tripping</li> </ul>	<ul style="list-style-type: none"> <li>• Review</li> </ul>
<b>Day Five</b> Camping	<ul style="list-style-type: none"> <li>• Break Camp</li> <li>• Navigation exercises</li> <li>• Scenarios</li> </ul>	<ul style="list-style-type: none"> <li>• Personal</li> <li>• Interviews and evaluations</li> </ul>	

## Assessment

The activities in Level -3 focus on leadership, risk-assessment, decision-making, judgment, group management, and general seamanship in the context of a multi-day journey. Well-developed skills such as a strong forward stroke, effective bracing, maneuvering control in waves or current, rescue skills including rolling, and towing, are necessary to complete the tasks for certification at this level. The evaluation will comprise of knowledge, on-water general paddling skills assessments, and on-water scenarios.

This is a compressed course designed for individuals who have had previous kayak touring experience and training. The general skill training included in this course is designed to polish existing skills and not as an introduction to these skills. Applicants seeking an introduction to intermediate navigation and paddling skills are encouraged to take an intermediate skills course such as the Paddle Canada Level 2 Skills course available through SKILS and other outfitters throughout Canada.

## Online Classroom

Thirty (30) days prior to the course, we will give you access to our online classroom. You are required to do the reading and quizzes 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 30 hours of online work in the classroom. If you already used the SKILS online classroom for any Guide Training Course or a Paddle Canada Level 2 skills, plan to spend only 15 hours in the online classroom. You may have to spend more time in the online classroom if you have done a prior Paddle Canada Level 2 skills with a provider with low standards. 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 your interest 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!

