



Program Information Package

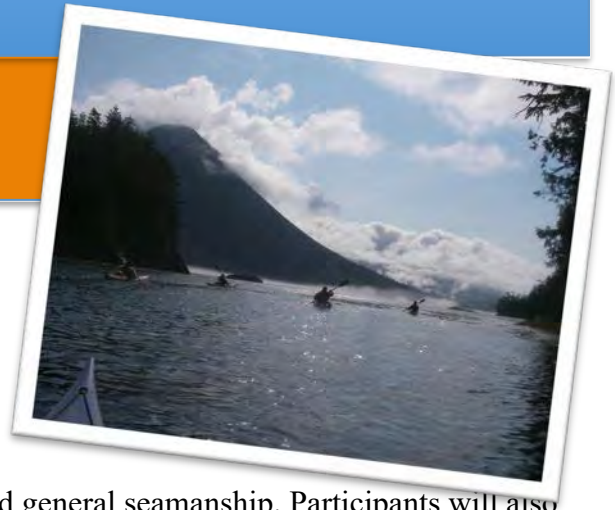
Paddle Canada Level Three Skills Training/5-day course Clayoquot Sound

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

Clayoquot 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. Allowing for some flexibility in our route and providing us with the varied terrain to work on the wide range of skills covered in this course. We will spend most of our time on Vargas Island. You will park your vehicle overnight in the Tofino municipal parking lot near the municipal hall and the RCMP station. Fees apply.

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. 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 do not plan any personal activities in the evening. This course requires your full commitment during the morning, afternoon and evening.

Accommodation

You are responsible for all accommodation before and after the program. We start early on the first day in Tofino at 8:30am. We recommend staying in Ucluelet because the accommodation options are cheaper.

We suggest the following places:

Surf Junction Campground: 1-877-922-6722 or www.surfjunction.com

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

Little Beach Resort: (250) 726-4202 or www.littlebeachresort.com

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

Ucluelet Campground (250) 726- 4355 www.uclueletcampground.com

Pacific Rim Motel 1-800-810-0031 or www.pacificrimmotel.com

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

www.booking.com

<https://www.discoverucluelet.com>

<https://pacificrimmotel.com>

<https://www.airbnb.ca>

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 rentals check <https://skills.ca/rentals/>. You must reserve your rentals at least 7 days before the course starts. Your instructor will carry your rental equipment to the course.

Kayaking Equipment

- ❑ Seaworthy kayak
 - Your kayak must have positive buoyancy, not leaking, and carry enough gear for 5 days.
- ❑ Paddle
- ❑ Spare paddle
- ❑ Foam PFD ULC Approved (inflatable PFD not allowed)
- ❑ Whistle
- ❑ Hand pump
- ❑ 15m Buoyant heaving line
- ❑ Paddle float
- ❑ Sea kayak towline
 - Your towline should be between 5 and 15 meters long and have a quick release.
- ❑ Helmet
 - Helmet must be designed for surf kayaking or whitewater kayaking; bicycle helmets don't offer sufficient protection.
- ❑ Stirrup
 - 4.5m loop of buoyant 3/8 inch rope

Navigation Equipment

- ❑ Chart
 - Canadian Hydrographic Service chart #'s 3673 Clayoquot Sound
- ❑ 2 pencils for chart work
- ❑ Chart case
 - 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
- *Tarp with thin cord
- 3 season bag with synthetic insulation
- *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 brush
- Stove
- Hand sanitizer

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/>

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

Personal Clothing - (These are just guidelines to assist you with your packing. Feel free to 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

Miscellaneous Gear

- Headlamp or Flashlight with extra batteries
- Notebook with pencils and/or pens
- Water bottle

Optional Items

- * Binoculars
- * Flares
- * VHF Marine Radio or Weather Radio

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 gloves

- Pocket Knife
- Sunglasses with good UV protection with retriever strap
- Spare garbage bags and zip locks

- * GPS
- * Reading material

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 2nd 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

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

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 assessment, 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.

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
Day One Camping	<ul style="list-style-type: none"> • Introduction • Paperwork • Orientation • Team building exercises • Leadership and decision: making exercises • Trip Log • Packing 	<ul style="list-style-type: none"> • Trip Plan • Travel to destination • Skills review • Camp set up/ orientation • Water purification • Hygiene 	<ul style="list-style-type: none"> • Weather interpretation and Recording
Day Two Camping	<ul style="list-style-type: none"> • Weather • Navigation 	<ul style="list-style-type: none"> • Strokes and rescues • Rolling 	<ul style="list-style-type: none"> • Weather interpretation and Recording • Navigation
Day Three Camping	<ul style="list-style-type: none"> • Strokes and rescues • Rolling 	<ul style="list-style-type: none"> • Rough water paddling and scenarios 	<ul style="list-style-type: none"> • Weather interpretation and Recording • Navigation
Day Four Camping	<ul style="list-style-type: none"> • Kayak Surfing 	<ul style="list-style-type: none"> • Tripping • Navigation • Risk Management Scenarios 	<ul style="list-style-type: none"> • Weather interpretation and Recording
Day Five Back to Tofino	<ul style="list-style-type: none"> • Break Camp • Navigation exercises • Risk Management Scenarios 	<ul style="list-style-type: none"> • Tripping • Personal Debrief <p>The course ends 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 40 hours of online work in the classroom. If you already used the SKILS online classroom for any Paddle Canada Level 2 skills or a guide training 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 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 390 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 your interest 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!

