



## Program Information Package

# Paddle Canada Level Two Skills Training



## Program Description

Our 4-day Level 2 Skills program provides the skills and knowledge for proficient kayaking in moderate conditions, on overnight trips along a moderately exposed shore with frequent easy landing opportunities. This overnight touring and intermediate boat handling course will focus on skills such as forward stoke development, effective bracing, maneuvering in waves and currents, rescues, towing and weather and navigation interpretation.

This course is designed for:

- Advanced Beginners to Intermediate recreational kayakers looking for an introduction to the knowledge, skills and understanding of kayak touring in ocean and open water touring; and,
- Kayakers looking to increase their boat handling skills in more dynamic water

## 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 Two Skills Training 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

# Program Logistics

## Program Prerequisites

- Paddle Canada Level-1 Skills certification or equivalent skill and knowledge,
- At least 3, one day long, kayaking trips in different locations.

You can enter this course with no prior certification. However, this is an intermediate course and not an introduction to boat handling, rescues and safety. 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. The evaluation will comprise of a written test, on-water general paddling skills assessments, and on-water scenarios.

## Our Classroom

The first 2 days of the program are based out of the beautiful and convenient Discovery Island Lodge ([www.discovery-islands-lodge.com](http://www.discovery-islands-lodge.com)) on Quadra Island. This location offers easy access to an uncrowded paradise of clear sheltered ocean, tidal rapids, marine parks, abundant wildlife, spectacular rainforest, and towering mountain vistas. The last two days of the trip will be spent on an overnight expedition with wilderness camping.



## Meals

You are responsible for all your meals. Please be prepared to bring your meals with you in your kayak. Snacks are recommended to help fill in the hunger gaps between meals.

## Accommodation

Our first two evenings will be spent at the Discovery Island Lodge on Quadra Island, while our third and final night will be spent camping in a wilderness setting. As our program begins early in the day, if you are coming from an area other than Quadra Island, you may want to spend the night prior to the course at the Discovery Island Lodge. The Lodge provides very affordable accommodation and offers a full kitchen, showers, sauna, and other amenities. Participants are responsible to book and pay for their own accommodation for the evening prior to the program by contacting Discovery Island Lodge directly at (250) 285-2823.

The Lodge is reached via the Quadra Island ferry from Campbell River on Vancouver Island. Detailed directions can be found on the lodge website [www.discovery-islands-lodge.com](http://www.discovery-islands-lodge.com). The last gas station is in Quathiaski Cove near the BC ferry terminal on Quadra Island. From there, the trip to the Lodge will take approximately 45 minutes so please be sure you have plenty of gas to get there and return. The road becomes a narrow logging road before you reach the lodge. Please be careful of the soft shoulder and drive in the middle of the road where possible! The driveway down to the lodge is very steep with limited room to turn around. If you are uncertain about your car's ability to handle the last 100m, please park at the top and walk down to check it out first.

## What to Bring

Fees include instruction, 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. Personal gear, camping equipment, kayak, kayak equipment and food are not included in the course fees. A complete equipment list is provided below.

### Equipment List

\*Indicates optional items

#### Kayak

- Sea worthy kayak – The kayak must have positive buoyancy and be able to carry enough gear for 5 days.

#### Kayaking Equipment

- Paddle
- Spare paddle
- PFD - Canadian Coast Guard approved
- Whistle
- Hand pump
- 15 m Buoyant heaving line
- Sea kayak towline – The towline should be between 5 and 15 meters long and have a quick release.
- Stirrup – 4.5 m loop of buoyant 3/8 inch rope
- Paddle float

#### Navigation Equipment

- 2 pencils for chart work
- Chart (the specific chart number to get will be given to you on the first day of the course)
- 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 bag – 3 season bag with synthetic insulation
- Sleeping mat
- \*Tarp with thin cord
- \*Pillow case

#### Kitchen

If you are paddling with friends you may wish to share some of the following items

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

#### Food and Water

Each participant is responsible for their own food and water. Plan for 3 litres of water per person per day.

### *Toiletries*

- 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. 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

### *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

#### 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

#### 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 or Weather Radio
- 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

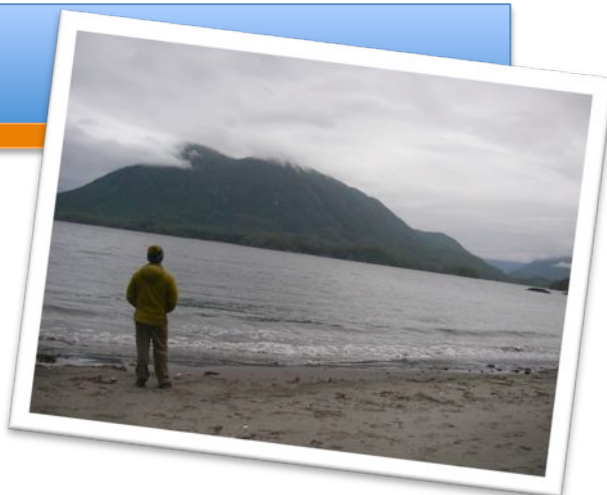
This is the tried and true method of years gone by. Line a stuff sack with a garbage bag. Pack as normal. Squeeze the air out before twisting the garbage bag top. Don't tie the garbage bag or use twist ties. Simply tuck the twisted end down into the stuff sack before drawing the top closed. This technique 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 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

## Course Outline

This is a general outline for the Paddle Canada Level 2 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.



	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
<b>Day One</b>	<ul style="list-style-type: none"> <li>• Icebreakers</li> <li>• Learning Objectives</li> <li>• Course Overview</li> <li>• Paddle Canada</li> <li>• Forms</li> <li>• Log Books</li> <li>• Equipment</li> <li>• Go / No Go</li> <li>• Strokes</li> </ul>	<ul style="list-style-type: none"> <li>• Go / No Go</li> <li>• Edging &amp; Bracing</li> <li>• Review morning</li> <li>• Strokes with edging</li> <li>• Communication</li> <li>• Intro to Weather</li> <li>• All in Rescue</li> </ul>	<ul style="list-style-type: none"> <li>• Equipment list</li> <li>• Food prep for overnight</li> <li>• Review manuals</li> </ul>
<b>Day Two</b>	<ul style="list-style-type: none"> <li>• Icebreakers</li> <li>• Learning Objectives</li> <li>• Equipment for L2 paddler</li> <li>• Go /No Go w/T&amp;C and WX</li> <li>• Strokes</li> <li>• Communication and leadership</li> </ul>	<ul style="list-style-type: none"> <li>• Rescue Discussion</li> <li>• Solo and Assisted Rescues</li> <li>• Towing</li> <li>• Hyperthermia,</li> <li>• Intro to Rolling</li> </ul>	<ul style="list-style-type: none"> <li>• Navigation and WX homework,</li> <li>• Float plan</li> <li>• Pack for Overnight</li> <li>• Rescue Discussion</li> </ul>
<b>Day Three</b>	<ul style="list-style-type: none"> <li>• Learning Objectives</li> <li>• Packing a kayak for overnight touring – Go or No Go</li> <li>• Navigation Weather (WX)</li> <li>• Trip Planning Activity</li> <li>• Paddling in currents</li> </ul>	<ul style="list-style-type: none"> <li>• Go / No Go</li> <li>• Route finding and navigation</li> <li>• Transitions and camp craft</li> <li>• Set up Camp</li> </ul>	<ul style="list-style-type: none"> <li>• Navigation &amp; WX review</li> <li>• Q A</li> <li>• Group activity</li> </ul>
<b>Day Four</b>	<ul style="list-style-type: none"> <li>• Learning Objectives</li> <li>• Camp clean up</li> <li>• Go / No Go Trip Planning</li> <li>• Activity</li> <li>• Skills review</li> <li>• Afternoon Objectives</li> </ul>	<ul style="list-style-type: none"> <li>• Equipment clean up</li> <li>• Written Test</li> <li>• Group debrief</li> <li>• Individual debrief</li> </ul>	



Thank you for enrolling 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!