

# Paddle Canada Level 3 Skills

## Clayoquot Sound, BC

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.

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.

If you need to rent kayaks, tents or immersion gear, contact our office at [info@skils.ca](mailto:info@skils.ca). Your instructors can carry your rental kayak for you at no cost. Affordable kayak and kayak equipment rentals (PFD, paddle, spare paddle, pump, sprayskirt, paddle float) are available for \$30 per day with a 10 day notice.

### Prerequisites:

- ❑ Paddle Canada Level 2 Recreation, 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.

### To Register

Registration is handled through SKILS. Our e-mail is [info@skils.ca](mailto:info@skils.ca). Please remember that we work on Pacific Standard Time. Registration by cheque, money order, interact or cash through



## **SKILS**

[info@skils.ca](mailto:info@skils.ca)

8592 Deception PL  
North Saanich, BC  
V8L 5C4

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

### **Payment**

A deposit of \$300 is required to secure your spot. No refunds will be issued within 30 days before the start of the program. The balance is due 30 days before the start of the program. Fees include 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. The course fees do not include your personal kayak or transportation to and from the launch site; we will do our best to facilitate car pooling between participants. Personal gear, camping equipment, and food for the program are not included in the course fees. A complete equipment list is provided upon registration

### **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. 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; it is NOT 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.

### **Details**

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 and surfing

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 on-water general paddling skills assessments, and on-water scenarios.

### **The Weather on the We(s)t Coast**

The weather is variable at all times on the west coast; over the 4 days we can expect sun, rain, and wind in varying amounts. Please come prepared. You will also spend some time in the water during rescue practice and scenarios. The water temperature varies from 9°Celsius to 15°Celsius. Bring lots of clothing and immersion gear. Dry suits are strongly recommended.

### Accommodation

You are responsible for all accommodation before and after the program. We start early on the first day in Tofino. We will meet at the Common Loaf Bakery at 0830 am.

### 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 are 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.

### General Course Outline

This is a general outline for the Paddle Canada Level 3 course. Depending on location, and class size, 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 8:30am at Common Loaf Bakery in Tofino	Introduction Paperwork Orientation Team building exercises Leadership and decision-making exercises Trip Log Packing	Trip Plan Travel to destination Skills review Camp set up/ orientation Water purification Hygiene	Navigation exercise Journaling Group activities
Day Two Camping	Team work Leadership styles Communication Navigation scenarios Emergency Response	Weather Trip Planning on Water Navigation	Night paddle Journaling
Day Three Camping	Rough water paddling and scenarios Continued navigation	Scenarios	Tripping
Day Four Camping	Weather	Tripping	Review
Day Five Tofino and home	Break Camp Navigation exercises Scenarios	Personal Interviews and evaluations	

### 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.