



Program Information Package

Paddle Canada Level Two Skills Training (no camping involve)



Program Description

Our 4-day Level 2 Skills program provides the skills and knowledge for proficient kayaking in moderate conditions along a moderately exposed shore with frequent easy landing opportunities. This touring and intermediate boat handling course will focus on skills such as forward stroke 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 assessment part of this course is optional.

Our Classroom

This course is being held in the Victoria area. Gyro Park in Cadboro Bay and Discovery Island will be our outdoor classroom. Cadboro Bay is a popular location due to its beautiful sandy beach.



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

Participants are responsible for their own accommodation in the Victoria area.

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, kayak, kayak equipment and food are not included in the course fee. A complete equipment list is provided below.

Equipment List

Kayak

- ❑ Sea worthy kayak – The kayak must have positive buoyancy. Your kayak must float while upside down.

Kayaking Equipment

- Paddle
- Spare paddle
- PFD - ULC 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 3424 - Approaches to/Approches à Oak Bay

Food and Water

Each participant is responsible for their own food and water.

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

Miscellaneous Gear

- Notebook with pencils and/or pens
- Water bottle
- Pocket Knife
- Sunglasses with good UV protection with retriever strap
- Sunscreen and lip balm with high SPF protection (30 +)

Optional Items

- Flares
- VHF Marine Radio or Weather Radio
- GPS
- Reading material

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.

	Morning	Afternoon	Evening
Day One	<ul style="list-style-type: none"> • Icebreakers • Learning Objectives • Course Overview • Paddle Canada • Forms • Equipment • Go / No Go • Strokes 	<ul style="list-style-type: none"> • Go / No Go • Strokes • Rescues • Communication • Intro to Weather 	<ul style="list-style-type: none"> • Tides and Currents Calculations
Day Two	<ul style="list-style-type: none"> • Icebreakers • Equipment for L2 paddler • Go /No Go with tides, currents and weather • Communication and leadership • Weather 	<ul style="list-style-type: none"> • Rescues • Towing • Hyperthermia • Intro to Rolling 	<ul style="list-style-type: none"> • Navigation • Rescue Discussion
Day Three	<ul style="list-style-type: none"> • Strokes and Rescues • Weather 	<ul style="list-style-type: none"> • Paddling in the Currents 	
Day Four	<ul style="list-style-type: none"> • Navigation • Weather (WX) • Float plan • Cool Gear 	<ul style="list-style-type: none"> • Rolling • Group debrief • Individual debrief 	



Thank you for enrolling 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!