

# *PADDLE CANADA Level 1 Skills Course*

## **Environment**

Sheltered coastline with frequent easy landing options: winds < 12 knots waves < 0.2 meters,

## **Equipment**

Sea kayaks with floatation front and back, that, when fully loaded are capable of remaining afloat, re-entered and pumped out, after a capsize and wet exit. Personal floatation device, clothing suitable for immersion, food, clothing and shelter for a full day trip and the means to re-warm a hypothermic victim, minimum CCG small boat requirements.

## **Prerequisites skills and qualifications:**

**Skills:** Mastery of PADDLE CANADA Flatwater sea kayaking course content.

**Experience:** At least 3, one day long, sea kayaking trips.

*Some additional qualification in Swimming, CPR and First-aid are recommended.*

## **Level-1 Training**

### **Health & fitness**

I. Preparation and maintenance of personal health for sea kayaking that includes suitable rest, nutrition and hydration. II. Warm-up exercises as preparation for paddling. III. Considerations for complementary exercises and activities to support good health and fitness necessary for sea kayaking.

### **Transportation of kayaks**

I. Proper technique for lifting kayaks, particularly on and off car roof racks. Emphasizing proper movements to prevent injury. II. Loading kayaks on trailers and roof racks, using pads, saddles or ropes.

### **Launch**

Effective boat entry and exit (in sheltered conditions off a beach and off a low dock).

### **Knowledge**

**Boat design** Performance characteristics of various styles and construction materials. Different parts of the sea kayak. Hull shapes and their effect on performance. Deck lines, deck bungies, end toggles, rudders, skegs, and other appropriate features.

**Paddles** Variety and use of different paddles.

**Outfitting** Basic outfitting of a sea kayak for personal fit, control and safety.

**Clothing** Appropriate clothing while paddling various environments.

**Safety** Basic equipment and how it is used for safe sea kayaking; CCG minimum small boat regulations. Warm-up and stretching exercises to prevent common injury. Good paddling technique to prevent injury.

**Journeying** The paddler will gain knowledge as it applies to a day long trip in level-1 conditions. Topics will include: trip planning, organizing gear and packing, launch and landing, navigation and route selection, weather and water interpretation, group awareness.

**Ethics** Issues of camping, land access, and encroachment on wildlife habitat. **History** The origins of sea kayaking.

**Resources** PADDLE CANADA, CCG, provincial paddling associations, books, video, clubs, marine weather, and other resources pertaining to sea kayaking.

**Suggested reading list.** Other equivalent titles can replace these suggestions.

*I. Wind, Weather and Waves - Environment Canada*

*II. Wilderness Crisis Management by Jim Raffan*

*III. The Essential Sea Kayaker by David Seidman*

*IV. Fundamentals of Kayak Navigation - by David Burch*

Some of the techniques in this book are interesting but may not be of immediate value. However, all chapters contain information useful for safe and efficient sea kayaking.

### **Technical skills**

Each stroke has considerations for the orientation of the boat, the body, and the paddle blade. Candidates will gain an understanding of proper paddling technique in all three aspects. All training may take place in sea kayaks loaded with sufficient equipment for a full days paddle trip including emergency bivouac supplies.

**Forward:** Proper grip, good posture, and apparent trunk rotation.. Paddling forward with the sea kayak on edge.

**Reverse:** Effective straight-line motion backward while looking over the shoulder.

**Stopping:** Stopping the sea kayak within 2 strokes

**Sweep:** Pivoting the sea kayak 360° with a combination of forward and backward sweep strokes including proper trunk rotation and unwinding to effect good effort in turning. Control and efficiency in turning the sea kayak in both directions with the sea kayak on edge.

**Low brace:** Proper technique demonstrating a high elbow position, back blade flat on surface of water and good tilt and hip snap.

**High brace:** Proper technique demonstrating arms and hands below shoulders and good tilt and hip snap

#### **Low brace turn:**

Low brace turns in both directions.

#### **Standard draw:**

Moving a stationary kayak sideways.

#### **Sculling draw:**

Moving a stationary kayak sideways.

### **Rescue techniques**

Rescue techniques will include skills both as swimmer and as assisting paddler.

#### **Capsize & exit**

From a normal paddling position, capsize, tap on the hull three times, and then exit the sea kayak. Maintain contact and control of both paddle and sea kayak at all times.

**Re-entry** A T-rescue with a capsized kayak that has at least partially filled with water. The rescue will be performed with each paddler working as both swimmer and assistant. Exit and re-enter a capsized kayak without the assistance of another paddler. Any method may be used and the kayak will be pumped free of water and paddled to shore (15 meters).

**Bow rescue** Bow rescue with the rescue sea kayak at an initial separation of one boat length (5m).