



## Paddle Canada Level 1

Level-1 provides the skill and knowledge necessary for day-long sea kayaking trips in sheltered waters (non-wilderness areas). Successful completion of Level-1 indicates competence to paddle a sea kayak within a sheltered bay in the company of one or more paddlers with Level-1 or greater skill and knowledge.

- **Be prepared** to spend your time on the water and in the sun, rain, wind and everything in between.
- **Fill out all forms**
- **Sign the waiver** (this must be received by or before the event)

### *Itinerary*

**9:00 - 4:00**

Meet at Centennial Park (map) for introductions, securing valuables, changing and location of washrooms and conveniences.

### Overview

Rescue skills	Paddling skills	Knowledge
<ul style="list-style-type: none"> <li>• Bow rescue</li> <li>• Unassisted re-entry</li> <li>• Assisted re-entry</li> <li>• Towing</li> <li>• Communication/signals</li> </ul>	<ul style="list-style-type: none"> <li>• Forward stroke</li> <li>• Brace low/high</li> <li>• Sweep</li> <li>• Draw</li> <li>• Stern rudder</li> <li>• Low Brace Turns</li> <li>• Edging and outside turns</li> </ul>	<ul style="list-style-type: none"> <li>• Equipment</li> <li>• Journeying and seamanship</li> <li>• Safety</li> <li>• Kayaking resources</li> </ul>



## ***2nd day Itinerary***

### **7:00 breakfast (buy your own) or 8:00 am for departure**

Meet at Nairn Centre at Jeremy's restaurant, Hwy 17 west (30 minutes from Sudbury) introductions,

**10:00 - 5:00 pm Arrive at the Harbour.** Load the boats and get under way to explore the North Channel. Navigation and skill testing, Shore lunch provided. Total trip about 16 kms

Activities focus on safety and gaining paddling skills for a day trip within a large bay or sheltered shoreline. Issues of mutual safety between paddling partners and judgments of sea conditions throughout the day and out of sight along the shore are included. Paddlers will deal with the concerns for packing a kayak and the gear necessary for a comfortable day trip and solving problems in the field. Paddlers should leave the course encouraged to continue their learning and awareness of their limitations.

## ***WHAT TO BRING***

### **FOR ON/OFF THE WATER** (in all weather)

- Lifa or polypropylene long sleeves and pants in June and September
- **Sunday** -paddling jacket (wind proof & water resistant)
- Sun screen
- UV blocking sun glasses with retainer band
- Sun Hat(s)
- Quick dry t-shirt and 1 pair shorts - Bathing suit and towel
- Full Water bottles
- Sturdy, snug fitting shoes for in water use, sandals are acceptable if they have a heel fastener
- Whistle with string
- Small fanny or other bag to store your misc. gear in while on the water.
- ONE complete set of dry clothing that protects you from sun and insects. This includes underwear, socks, long sleeves, pants, warm sweater or pile, wind breaker. Avoid Cotton when selecting cloths for warmth. Sweat shirts and sweat pants are not recommended.

## **Directions to Centennial Park**

Meet in Parking lot about 8:45

### From Sudbury

- Hwy 55 West out of Lively to Vermillion Bridge, (about 10 km) Turn right past bridge. Park entrance is straight ahead.

### From Espanola

- Hwy 17 East to Sudbury Bypass
- Turn right on Hwy (Regional Rd 55) East
- About 10-15 kms to Vermillion River Bridge
- Turn Left just BEFORE the bridge- to Centennial Park (straight ahead)

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