



BLUE DOG KAYAKING

PADDLE CANADA LEVEL 2 SKILLS

DISCOVERY ISLAND LODGE, QUADRA ISLAND



PRE COURSE PACKAGE
EXPECTATIONS & SCHEDULE

AN INTRODUCTION

Welcome to Discovery Island Lodge and Surge Narrows.

This is a great place to run a Level 2 skills program and I am looking forward to working with you all. Blue Dog has been paddling and teaching at Surge Narrows for 7 years; running current clinics as well as Paddle Canada L2 and L4 skills course here.

This is a wonderful opportunity to improve paddling skills and enjoy the rustic and beautiful Discovery Island Lodge.

There is a lot of information in this pre course package, take some time to study it and make sure you read the sections in the Blue Dog Manual on Risk Management, Weather, Navigation for Dummies and Tide & Current. Any questions, please ask!

GETTING THERE

As the crow flies, the lodge is located about 150 km north from the city of Vancouver, British Columbia Canada. Between Vancouver Island and the mountainous British Columbia coast, the Discovery Islands are a paradise-wilderness of rainforest islands -- offering some of the best sea kayaking in BC.

Discovery Islands Lodge is at the end of Surge Narrows Road on Quadra Island. Quadra Island is a 10 minute ferry from the city of Campbell River on Vancouver Island.

Getting to Quadra Island is part of the adventure! You can get here quickly - or you can plan a route to enjoy the sights along the way.

Parking is limited so please try to car share if possible.



Blue Dog Instructor
Amber Champion on the
wave at Surge Narrows

EXPECTATIONS

This is not just a Paddle Canada L2 skills course - this program is empowering, challenging and above all fun; a personalized opportunity to focus on improving your paddling skills, strokes, rescues, navigation, weather and tide & current interpretation.

High on discovery learning the focus is on team work and developing good group paddling behaviour. Although this program is lodge based, you can expect some long days so arrive with the fitness and energy to go full out for four days with fun and vigour

Your leaders are highly skilled kayakers and incredibly committed instructors. They will observe your baseline abilities, provide feedback and make easily understandable suggestions for improvement. They give 120% and will inspire you to make the most of their expertise and this opportunity.

Prior to arrival, please identify to the leaders and/or group members any current severe allergies/medical conditions that may affect your participation or that might compromise or endanger the group by being unaware - please don't rely on a medical form - communicate. Manage your time and try to be organized and punctual. Show enthusiasm for learning and try to accurately assess your personal skill set as a sea kayaker.

Blue Dog Kayaking provides breakfast and dinner for the program **LUNCH IS NOT INCLUDED (please bring your own)**; food preparation, cooking and clean up are the group's responsibility. The lodge has excellent facilities. You may find it helpful to work in pairs or write a rota.

CERTIFICATION

Blue Dog Kayaking offers Paddle Canada Level 2 skills certification on this program. Participants taking certification will have specific skills and outcomes to demonstrate. Many of the outcomes for certification are covered by just being on the program. Participants should refer to the Paddle Canada Course syllabus document and page 89 of the Blue Dog Kayaking Sea Kayak Manual for outcomes and course expectations.



SCHEDULE - THIS COULD BE SUBJECT TO CHANGE AND IS WEATHER AND CONDITIONS DEPENDENT.

Instructor delivered presentations:

- Risk Management for the Recreational Paddler
- Kayak Navigation for dummies
- Weather forecasting & interpretation
- Tides & Currents

DAY 1

9 AM -

Arrive & Welcome/Questions and Answers/Lodge & Facilities orientation

Risk Management for the Recreational Paddler - Instructor Led Presentation

An introduction to Tide & Currents - Instructor Led Presentation

Lunch

PM - on Water

Stroke Clinic with video, Rescue Clinic with video

Dinner

Video payback

DAY 2

AM -

Weather forecasting and interpretation - instructor led presentation

An introduction to paddling in current (Current Clinic) with video

Lunch at the lodge

PM -

Turning strokes under momentum

Paddle to the Waterfall (group navigation challenge)

Individual Rolling Lessons (optional)

Dinner

Navigation for Dummies - Instructor Led Presentation

Video review

DAY 3

Day Paddle to the Octopus Islands (Group Navigation Challenge)

Towing, plus towing scenario pertinent to L2 skills (group challenge)

Dinner at the lodge

Review of the day

DAY 4

AM -

Current Clinic on the Ebb (lots of fun)

Rescue Assessments

All in Rescue

Lunch

PM- Participant Reviews & Certificate Presentations, Go home!

PRE - EXPEDITION ASSIGNMENTS

The following pre expedition assignments can be completed before or after the course. If you complete them prior to the course there will be an opportunity to 'fine tune' them together.

1. Weather - in a log book provide in writing, 3 days of prior weather information and a forecast for our departure date. Identify areas on the chart where land/wind interaction might take place such as gap winds and clapotis
2. Develop a Camp Kitchen Plan - to include;
 - components of a safe, effective camp kitchen area
 - recipe for one evening meal including: nutritional values; quantities; ingredients; cooking method; fuel consumption; presentation; packing plan; waste disposal; dishwashing method
3. Navigation & Trip Planning Exercise
 - complete the navigation and trip planning exercise provided
4. Heritage - Describe at least one renowned kayak expedition in the last 50 years

OR

Submit a list of 5 essential readings and resources for sea kayakers

OR

Use a variety of resources to identify 1-3 natural objects (flora, fauna, rocks, stars, etc.)

OR

Describe the seven Leave No Trace Principles and practices given as outlined in the Blue Dog Sea Kayaking Manual and work to integrate these principles and practices while on the expedition.

STUDY QUESTIONS

Take a look at the study questions - we will complete them in the evening while on the course.