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# AN INSTRUCTIONAL EXPEDITION BROKEN GROUP OF ISLANDS

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SEAMANSHIP & LEADERSHIP IN MULTI-DAY TOURING

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PRE EXPEDITION PACKAGE  
EXPECTATIONS & SCHEDULE

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## AN INTRODUCTION TO BARKLEY SOUND

Barkley Sound is a remarkable place to go kayaking with two very distinct Island groups, the Broken Group and Deer Group

The Broken Group is a maze of islands protected by a National Park the Deer Group is an island chain stretching from Tzartus in the north to Edward King Island in the south. Trip options are numerous; on our expeditions we can choose to explore either island group or both on a longer trip.

The Broken Group of Islands is a paddler's paradise offering one of the top kayaking destinations on the planet. A maze of sheltered islands and waterways offers unprecedented paddling opportunities for experienced and new paddlers.

A mixture of private, crown and First Nation land the Deer Group offers unregulated and wild camping on some of the most beautiful islands in the area. Orca and Humpback Whales are often seen crossing Trevor Channel before reaching our 1<sup>st</sup>campsite. From here our expedition explores the rugged complex shorelines of Tzartus and Fleming Island. Edward Kind Island offers the paddler exploration of some of the most magnificent sea caves and arches on the Island and hopefully, weather permitting, we can visit the Sea Lion colony on Folger Island at the far southerly end of the chain which can bear the brunt of Barley Sound's storms.

On our instructional expedition to the Broken Group (BGI) will visit many of the islands, explore the narrow waterways and find hidden treasures. The islands are steeped in First Nation tradition and home to a vast array of wildlife. The northern and southern islands are very different so you can expect at least one campsite change to maximise our opportunities to explore.



Room with a view from our campsite on Clarke Island - BGI



## EXPECTATIONS

This is not a recreational, guided tour - this program is empowering, challenging and above all fun; a personalized opportunity to focus on improving your strokes, navigation, weather & tide interpretation, leadership skills, rescues and camp life.

High on discovery learning, whether taking certification or not, the focus is on team work and developing good expedition behaviour. You can expect some long days so arrive with the fitness and energy to go full out for five 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 all the main meals for the expedition; food packing, preparation, cooking and clean up are the group's responsibility. You may find it helpful to work in pairs or write a rota.

## CERTIFICATION

Blue Dog Kayaking offers Paddle Canada Level 2 and level 3 skills certification on this program; this is an optional extra at no additional cost. Participants taking certification will have specific skills and outcomes to demonstrate while on the program. It is helpful if participants can communicate their desire to take certification prior to the program starting although this is not essential. Many of the outcomes for certification are covered by just being on the program. Participants seeking certification should refer to the Paddle Canada Course syllabus documents and page 89 of the Blue Dog Sea Kayak Manual for outcomes and course expectations.



## BLUE DOG KAYAKING

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### CAMPING

This program includes 4 nights camping in the park; please note that participants are not responsible for park permits and camping fees while in the park as these are included in the expedition. Camping on the 1<sup>st</sup> night, parking and launching fees at Secret Beach are **NOT** included in the Expedition fee and will need to be paid on the day.

### SCHEDULE

THIS EXPEDITION WILL BE CONDUCTED IN THE FIELD USING MULTIPLE CAMPSITES IN THE BROKEN GROUP OF ISLANDS

Secret Beach Campground and kayak launch is approximately 5 hours' drive from Victoria so we recommend that participants travel the day before. We have booked a group campsite at Secret Beach Campground for the night before the trip begins. This will allow us to make an early start the following day. We launch from Secret Beach kayak launch next to the campground where secure parking is available. Participants will need to provide their own meal on the evening before and the first breakfast.

Our instructors deliver presentations on:

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

Providing all participants arrive by 6:00 pm the evening before the trip we will deliver a presentation on Risk Management for the Recreational Paddler that evening.



## BLUE DOG KAYAKING

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### DAY 1

AM - Kayak Navigation for dummies - instructor led presentation

Launch and paddle to Gibraltar Island. This paddle will include a navigation exercise. On reaching a campsite participants will unload and set up a group campsite for inclement weather.

PM - Stroke, rescue and rolling clinic

### DAY 2

AM - Weather forecasting and interpretation - instructor led presentation

Turning strokes under momentum

PM - An introduction to Rock Hopping, rolling and rescues in moving water

### DAY 3

AM - Weather forecasting and interpretation - participant led presentation

Break camp paddle to Clarke Island and set up. “Ded” Reckoning navigation exercise

PM - Navigation, exploration, Rock hopping and rough water rescues.....

### DAY 4

AM - Weather forecasting and interpretation - participant led presentation

Tides & Currents - instructor led presentation.

Complex Towing Scenario.

Rescues Assessment.



## BLUE DOG KAYAKING

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### Day 5

Return to Secret Beach, participant navigation exercise.

PM - Individual participant feedback, assessments and certification presentations.





### PRE - EXPEDITION ASSIGNMENTS

The following pre expedition assignments can be completed before or after the expedition. If you try to complete them prior to the expedition 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.



## BLUE DOG KAYAKING

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### STUDY QUESTIONS

Take a look at the study question - we will complete them during the expedition.

### NAVIGATION EXERCISE

Try to study the navigation exercise and prepare your charts accordingly. This information is included in the manual under "Navigation for Dummies"

