



PADDLE CANADA L1 INSTRUCTOR

INTRODUCTION LETTER

Dear Instructor Course Participant:

Thank you for registering for the Paddle Canada Level 1 Instructor Course presented by Blue Dog Kayaking. We are looking forward to an exciting few days as we share each other's knowledge and develop our skill as instructors. This pre-course information package and course manuals are designed to assist in your preparation for the course and as your roles as instructors afterwards.

A copy of The Newfoundland Kayak Company's Instructor Resource Manual written by L3 IT Richard Alexander is attached. This is a great paddling instructor resource.

Because our time together on the course is limited, you are required to complete some work before you arrive.

We will be meeting at our classroom located at 2093 Wildflower Road, Shawnigan Lake V0R 2W1 for the first morning at 9am.

Pre-course work includes:

REGISTER WITH PADDLE CANADA

Instructor candidates must register with Paddle Canada before the course starts and pay their membership fee to Paddle Canada directly. The L1 Course ID (found in welcome email), please ensure you register on the correct course.

<https://members.paddlecanada.com/instructor-candidates.html>

ENVIRONMENT AND WEATHER

Choose an area on a chart that you believe would be a good environment for a level 1 skills course (bring the chart with you). Begin a Course Log with weather forecasts/observations for three days leading up to course with an educated guess as to what weather we can expect for Day 1 and 2. Your observations and weather record should include: air and water temp; humidity; pressure; wind speed and direction; sea state; cloud cover and precipitation



PADDLING SKILLS

Start developing a plan to teach Basic and level 1 skills including: Forward stroke, stopping, reverse stroke, draw, sculling draw, stern rudder, forward sweep, reverse sweep, pivots, edging, high and low brace, self-rescues and assisted rescues. From this list email me the 1 paddling skill you feel most comfortable delivering and the 1 paddling skill you feel you would most like to improve on.

Begin completing the stroke sheets included in your pre-course package. This will help you greatly when you begin practice teaching during the course.

THEORY SESSIONS

Start developing your Basic / level 1 lectures on Weather, Navigation, Trip Planning, Sea Kayak Design, paddles and equipment. Lecture content will be covered on the course but a little work ahead of time will be useful. Consider using props and resources; bring them with you to the course.

From this list email me the 1 theory topic you feel most comfortable delivering and the 1 theory topic you feel you would most like to improve on.

STUDY QUESTIONS

Complete the majority of the study questions attached and be prepared to seek answers to questions you don't understand.

OVERVIEW OF L1 SKILLS

Please read carefully the overview of L1 skills in the attached Outcomes, Course Plan and Syllabus; they are the skills sets you are expected to teach and demonstrate as a L1 instructor.

During the course we will explore what information is relevant and how best to present that information to course participants but some work beforehand will prove beneficial.

If you have any questions, please contact me prior to the start of the course.