



AN INSTRUCTIONAL EXPEDITION

GULF ISLANDS

SEAMANSHIP & LEADERSHIP
PADDLE CANADA LEVEL 2 SKILLS

PRE EXPEDITION PACKAGE
EXPECTATIONS & SCHEDULE

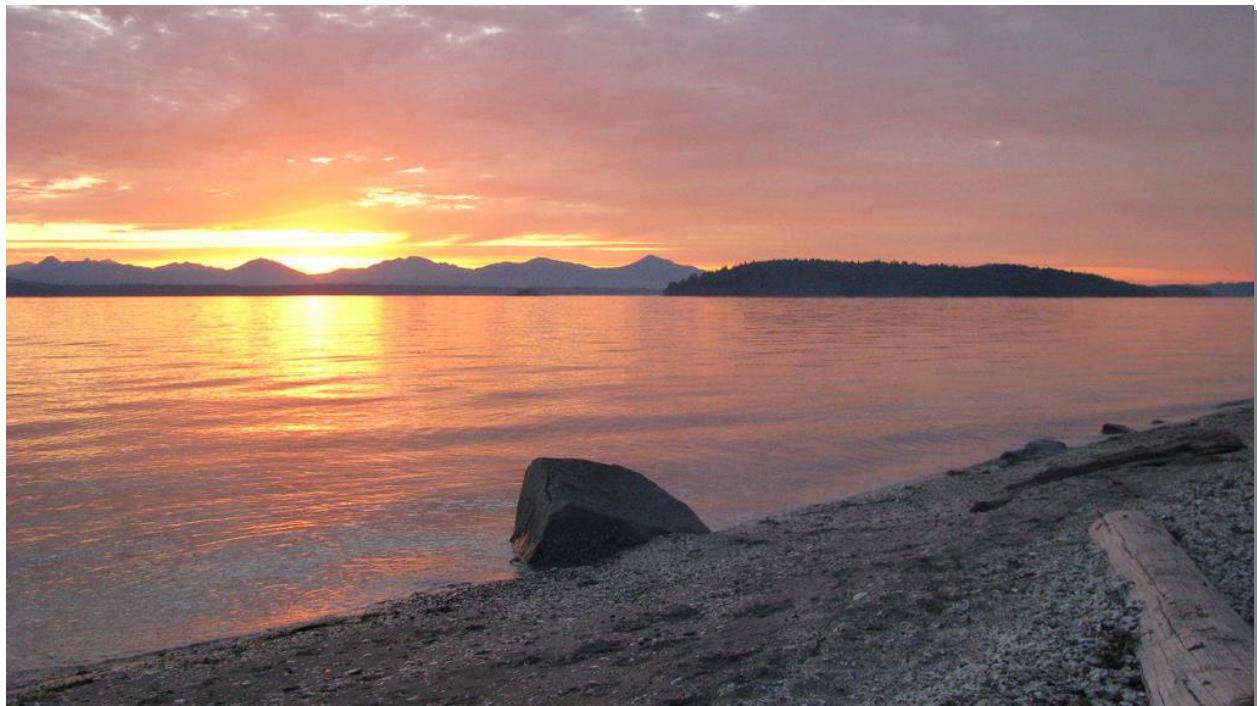


AN INTRODUCTION TO THE GULF ISLANDS

The Gulf Islands are wonderful place to go kayaking; blessed by a Mediterranean climate

The Gulf Islands are a collection of islands and islets with rocky shorelines and steep bluffs situated off the southern coast of British Columbia. Warm and dry in the summer and mild and wet in the winter. They were inhabited by semi-nomadic First Nations people and settled by Europeans in the-mid 1800s with many of the Islands boasting some 'interesting' history.

There are many unique rock formations and sculptures formed from the sea which we can explore by kayak. The islands are teaming with wildlife; various birds, seals, otters, porpoises and Orca inhabit the Islands and waterways. At low tide the inter-tidal creatures are amazing to see.





BLUE DOG KAYAKING

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, 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 a few 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.

Please bring lunch each day as we no longer provide lunches for trips.

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 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

SCHEDULE

We will launch from Port Sidney Marina, located 9835 Seaport Place for the first and second day of this course. Parking is available at Port Sidney Marina for 11\$/day or arrive with enough time to find paid parking, or free 24hr on 3rd street. For more information on where to find overnight parking please head to the Sidney, BC website where it gives a detailed list of where parking is located & a helpful map

http://www.sidney.ca/About_Sidney/Parking_Information.htm

Our instructors deliver presentations on:

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



BLUE DOG KAYAKING

DAY ONE

AM - Intros, Housekeeping, expectations, etc.

Risk Management and Navigation - instructor led presentations

Lunch - on the dock

PM- Review L1 skills and rescues, discuss plan for Day 2

DAY TWO

AM - Pack boats and head out

Set up camp - Tarpology & Expedition Behaviour

PM -Stroke, rescue and rolling clinic - optional

Weather Forecasting and Interpretation - instructor led presentation

DAY THREE

AM - Weather forecasting and interpretation - participant led presentation

Advanced Maneuvering Strokes

PM - Rescue practice

DAY FOUR (IF YOUR TRIP IS ONLY 4 DAY, DAY FOUR IS COMBINED INTO THE OTHER DAYS)

AM - Weather forecasting and interpretation - participant led presentation

Tides & Currents - instructor led presentation.

Day tour (participant driven) Navigation & exploration

Towing & Rescue practice

DAY FIVE

AM - Weather forecasting and interpretation - participant led presentation

Pack up camp and back to Sidney



PRE - COURSE ASSIGNMENTS

The following pre expedition assignments can be completed before or after the course. 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

STUDY QUESTIONS

Take a look at the study question - we will complete them during the expedition as a conversation, open to discussion (No pass or fail)