



OUTCOMES, COURSE PLAN & SYLLABUS

PADDLE CANADA LEVEL 1 INSTRUCTORS COURSE

THESE 'OUTCOMES' OUTLINE THE HARD AND SOFT SKILLS ON WHICH AS A PARTICIPANT, YOU WILL BE ASSESSED DURING THIS PROGRAM FOR PADDLE CANADA LEVEL 1 INSTRUCTOR CERTIFICATION:

GENERAL OUTCOMES

- Demonstrate an understanding and familiarity with Paddle Canada policies, programs, accreditation and re-certification, including, registering and reporting on courses.
- Select appropriate conditions, locations and routes for a L1 skills course considering factors such as weather, tides, current, hazards, and points of interest.
- Write and file a detailed paddling plan.
- Demonstrate a thorough understanding of safety and safety equipment, including paddling gear, communication, 1st aid, shelter, food and water
- Write a detailed lesson plan for a L1 skills training course

SKILLS OUTCOMES

RESCUES

- Consistently perform self and assisted rescues with confidence; candidates must demonstrate strong leadership skills in a variety of situations during rescue scenarios.
- Demonstrate at least 3 different assisted rescues and describe how and when they might be used.
- Demonstrate at least 2 self-rescues and describe how and when they might be used.
- Demonstrate the bow rescue with confidence and describe the pros and cons of this rescue technique.



STROKES

- Paddle and demonstrate strokes at L2 standard; strokes must be performed at a level exceeding minimum Level 1 and be suitable for the instructional environment. L1 Instructor candidates are expected to have a high degree of technical stroke proficiency
- Be successfully evaluated on their L2 skills throughout the program.
- Effectively and efficiently maneuver the kayak with attention to the principles of biomechanics.

INSTRUCTIONAL OUTCOMES

- Organise and deliver a one or two day instructional kayaking program novice or beginner kayakers.
- Demonstrate consistent application of adult learning principles.
- Demonstrate, on demand, rescue and general paddling skills at a level exceeding minimum Level 1 or Level 2 skills suitable to the Basic and/or Level 1 instructional environment.
- Detect and correct common errors in Basic and/or Level 1 strokes; provide appropriate timely and constructive feedback to participants.
- Demonstrate a good teaching position on the water.
- Clearly and confidently communicate with groups of students through a variety of media including voice, physical demonstrations and teaching aids.
- Present content in a way that motivates and encourages participants to continue paddling; for example, on-water games that are fun with challenges and rewards.





BLUE DOG KAYAKING

COURSE OUTLINE

THIS IS A GENERAL OUTLINE FOR THE PC L1 INSTRUCTOR'S COURSE. WE RESERVE THE RIGHT TO ALTER THE SCHEDULE AS NECESSARY AS WEATHER, LOGISTICS AND THE DESIRES OF THE CLASS MAY CAUSE THE SCHEDULE TO BE CHANGED.

OVERVIEW OF L1 SKILLS

Please read carefully the following overview of L1 skills as these are the skills sets you are expected to teach and demonstrate as a L1 instructor.

RESCUE SKILLS

BOW RESCUE

Demonstrate a confident capsize and banging on the hull. The rescuer will move in from 5 meters but should not approach at right angles to where the hands or body are located. The victim must show confidence and control; bow, stern, side or paddle presentation may be used.

ASSISTED RE-ENTRY

Exit and re-enter a swamped kayak in deep water. Show confidence and control throughout the exercise. Capsize must be "natural" with spray deck in place. Rescue is complete when the victim is back in the boat with spray skirt attached ready to continue paddling.

UNASSISTED RE-ENTRY

Exit and re-enter a swamped kayak in deep water. Aids such as a paddle float may be used.

Contact tow

Demonstrate a simple contact tow without the use of a towline

PADDLING SKILLS

LEVEL-1 PADDLING SKILLS concentrate on correct technique for paddling in calm water.

It is important to practice good technique, learning the essential movements before moving onto a level-2 course that includes significant wind, waves and current.

Lift and carry, use proper body mechanics to prevent injury.



BLUE DOG KAYAKING

Launching & landing, demonstrate launching and landing in sheltered conditions off a beach or dock.

FORWARD PADDLING

Demonstrate efficient forward paddling, with good speed and control over 100 meters. Show: good upright posture, torso rotation, extended front arm.

STOPPING

Travel at a moderate speed then stop the kayak within 4 strokes.

REVERSE PADDLING

Demonstrate controlled reverse paddling while looking back for a clear and safe route. Show good torso rotation.

SWEEP STROKES

From a static start, turn the kayak 360 degrees. Use a combination of forward and reverse sweep strokes. Show efficient placement of the paddle and unwinding of the trunk. While moving forward at good speed, turn the kayak with a forward sweep stroke and edging.

EDGE CONTROL

The candidate should demonstrate beginnings of good edging control that assists turning.

DRAW STROKE

From a static start, move the kayak sideways 2 meters, using the draw stroke and the sculling draw stroke. While moving forward, move the kayak sideways using a draw stroke.

LOW BRACE

The candidate will demonstrate an understanding of correct technique to prevent capsize with a low brace.

STERN RUDDER

Use the stern rudder stroke to turn the kayak in calm conditions.

BLUE DOG KAYAKING

KNOWLEDGE

The extent of knowledge required for safe paddling at this level is governed by the conditions within a sheltered bay. The following list is not exhaustive and is provided here as a guide to the nature and extent of knowledge necessary for safe and enjoyable paddling in a level-1 environment.

Equipment

Demonstrate basic knowledge of the features and attributes of various equipment, including

- Coast Guard equipment requirements
- Sea kayak designs
- Paddle designs
- Spray skirt designs
- Bailing Device
- PFD's
- Clothing
- Rescue Equipment



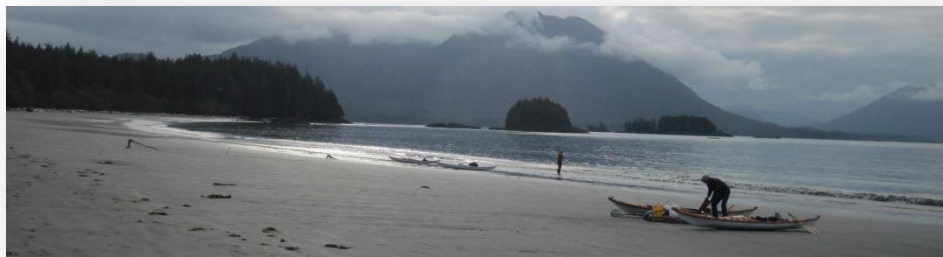


BLUE DOG KAYAKING

JOURNEYING & SEAMANSHIP

Demonstrate judgment as applied to daylong trips in level-1 conditions including the following:

- Understand the differences between open coastal paddling and paddling in sheltered water.
- Choose several safe routes for level-1 paddling. Create necessary float plans, and lists for food & water, shelter
- Organize the gear and packing for a day-long outing.
- Describe the means to outfit a sea kayak for proper fit and adjustment
- Demonstrate controlled reverse paddling while looking back for a clear and safe route.
- Show good torso rotation.
- Describe sites suitable for level-1 paddling
- Obtain a weather forecast and discern the probable effect on paddling conditions.
- Describe local tidal conditions and the effects of tides, currents and winds on sea conditions



- Give examples of techniques to assist in maintaining contact with others.
- Describe the role of leadership, home boat, and paddling buddies.
- Demonstration effective hand and sound signals
- Demonstrate an understanding of hypothermia prevention and treatment
- Discuss the use of flares, whistles, horns, radios, and other means of signaling.
- Discuss emergency procedures such as how to get emergency help, what to do if stranded



COURSE PLAN

Day 1

9:00am

- Meet and greet, introductions and paperwork
Lectures: Paddle Canada/Adult Education Principles/How People Learn/L1 lectures; structure, content and delivery.
- Instructor responsibilities/ethics/duty of care
- Liability issues/insurance/waivers

Lunch

Afternoon on the water

- Health, safety, energy check, warm ups and challenge by choice/safety veto
- Review of L1 strokes
- Review of L1 rescues
- Hand of God
- Videotaping of students strokes

Evening

- Individual lesson prep

Day 2, 3 & 4

9:00am

- Lectures: Outcomes/Beyond Cold Water (video)
- Review of stroke video
- Student teaching lessons - Theory

Lunch

Afternoon on the water

Student teaching sessions on

- Strokes
- Rescues
- Maneuvers

Evening

- Individual lesson prep
- Day trip gear prep

BLUE DOG KAYAKING

Day 5 -

- not in class, you will need to complete the exam and homework assignments on your own

