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# OUTCOMES, COURSE PLAN & SYLLABUS

## PADDLE CANADA LEVEL 2 INSTRUCTORS COURSE

### INTRODUCTION

THE LEVEL 2 INSTRUCTOR DESIGNATION IS A SENIOR AWARD IN THE PADDLE CANADA PROGRAM. CANDIDATES WILL BE ASSESSED ON THEIR ABILITY TO ORGANIZE AND EXECUTE A 4+ DAY KAYAK PROGRAM FOR INTERMEDIATE PADDLERS ALONG EXPOSED COASTLINES IN MODERATE CONDITIONS.

SUCCESSFUL CANDIDATES WILL BE CERTIFIED TO ADMINISTER THE PADDLE CANADA INTRODUCTION TO KAYAKING, LEVEL 1 AND LEVEL 2 SEA KAYAKING PROGRAMS.

THIS IS A COURSE DESIGNED FOR INDIVIDUALS WHO HAVE HAD EXPERIENCE RUNNING LEVEL 1 SEA KAYAK PROGRAMS. THE SKILL AND INSTRUCTOR TRAINING INCLUDED IN THIS COURSE IS DESIGNED TO POLISH EXISTING SKILLS; IT IS **NOT** AN INTRODUCTION TO THESE SKILLS.

### **EVALUATION:**

THE EVALUATION WILL COMPRISE A WRITTEN TEST, ON-WATER PADDLING SKILLS, ON-WATER INSTRUCTION AND LEADERSHIP, AND CLASSROOM ASSESSMENTS.

### PREREQUISITES

- At least 18 years of age
- Paddle Canada Level 3 skills certification
- Paddle Canada L1 Instructors certification
- Current certification in Wilderness First Aid & CPR (16 hours)
- Experience running L1 sea kayaking programs - minimum of 2 L1 courses within last 2 years, being the lead instructor on at least one of those courses.

## BLUE DOG KAYAKING

### GENERAL OUTCOMES

THESE 'OUTCOMES' OUTLINE THE HARD AND SOFT SKILLS ON WHICH AS A PARTICIPANT, YOU WILL BE ASSESSED DURING THIS PROGRAM FOR PADDLE CANADA LEVEL 2 INSTRUCTOR CERTIFICATION:

### INSTRUCTIONAL OUTCOMES

- Organize a four + day kayaking instructional program for intermediate kayakers;
- Demonstrate consistent application of adult learning principles in teaching topics;
- Demonstrate an ability to teach the same topic in at least 2 different ways;
- Detect and correct common errors in Level 2 skills;
- Communicate clearly and confidently with groups of participants, and;
- Exhibit effective leadership skills selecting appropriate styles depending on the situation. The candidate will also be assessed on expedition behavior, competence, tolerance for adversity and uncertainty, self-awareness, and vision and action.
- 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 L2 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, 1<sup>st</sup> aid, shelter, food and water
- Write a detailed lesson plan for a L2 skills training course



## BLUE DOG KAYAKING

### SKILLS OUTCOMES

- Consistently self-rescue and rescue others with confidence in level 3 conditions with confidence; candidates must demonstrate strong leadership skills in a variety of situations during rescue scenarios.
- Effectively and efficiently maneuver the kayak with attention to the principles of biomechanics. Strokes must be performed at a level exceeding Level 2 and be suitable for the instructional environment.
- Demonstrate the ability to ‘blend’ propulsion, turning and steering strokes and explain where and when they might be used in relation to L2 conditions.
- 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 roll as a self-rescue with confidence and describe the pros and cons of this rescue technique.

### COURSE OUTLINE

This is a general outline for the PC L2 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 L2 SKILLS

Please read carefully the following overview of L2 skills as these are the skills sets you are expected to teach and demonstrate as a L2 instructor.

#### RESCUE SKILLS

Unassisted and assisted rescue skills should be well developed. Rescue exercises must require the participant to demonstrate control, confidence and sufficient skill to complete exercises in a timely manner.

Exercises can extend to include returning an incapacitated paddler to shore and remediation of simulated hypothermia and calling for external assistance.

Exercises should include typical, yet uncommon difficulties such as seasickness, shoulder injuries, repetitive strain injuries, hypothermia, and leaky boats.

Exercises should include responses to problems that occur in camp or during launching or landing on shore.

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**Bow rescue** – perform a bow rescue on demand. The victim should capsize apparently spontaneously and a nearby rescuer will respond as needed.

**Unassisted re-entries** – the paddler will demonstrate techniques to re-enter the kayak. The paddler must show confidence and control throughout the exercises. The capsize must be natural with spray skirt in place and simulate an unexpected incident – either while paddling or in an attempted brace or sculling for support. Rescue is complete when the victim is back in the boat with the spray skirt attached, the cockpit pumped, and the paddler is competent to continue.

**All in rescue** – the paddler will participate in an all-in rescue whereby two (or more) paddlers capsize and assist each other in emptying and re-entering the kayaks. Rescue is complete when all the paddlers are back in the kayaks, water is pumped out, spray skirts are attached, and all paddlers are able to continue paddling.

**Rolling** – the paddler will be introduced to rolling in calm conditions. A roll on only one side will be taught and the participant may set up before rolling. Completing a roll is not a prerequisite for passing Level-2, but since it is the most efficient method of self-rescue, it is an important skill to develop. Failure to roll at this level requires that the paddler must demonstrate a higher than average competence in other skills within the course.

**Towing** – Towing techniques should include use of a variety of tow systems such as long and short lines, pig-tails, and deck mounted equipment. It is necessary to be aware of the inherent dangers of towing and the towline must be easy to release quickly with one hand.

## PADDLING SKILLS

Paddling skills in Level-2 must show development of techniques effective for control in moderate sea conditions.

**Launching and landing** – demonstrate a variety of boat launchings and landings.

**Forward paddling** – Show efficient and sustained forward paddling during a journey of 10 kilometres in 2 hours.

## BLUE DOG KAYAKING

**Turning strokes** – turn the kayak in both directions while in motion (with little loss of forward momentum) by means of (a) a sweep stroke, (b) a low brace turn, (c) a high brace turn and (d) a bow rudder. Demonstrate good edge control that assists turning.

**Low brace** – with the elbows up, forearms near the vertical and the wrists straight, the back face of the paddle will make contact with the water. Some slapping of the paddle blade may occur, however a primary means of recovery is with the hip flick and proper torso and head motion.

**High brace** – with the elbows low and near the body, forearms near the vertical and wrists straight, the power face of the paddle will make contact with the water. Some slapping of the paddle blade may occur, however a primary means of recovery is with the hip flick and proper torso and head motion.

**Draw** – Move the kayak directly sideways. The body should be rotated and the paddle shaft vertical with the blade fully immersed in the water. Move the kayak directly sideways while it is moving forward.

**Bow rudder** – the bow rudder should be executed under forward momentum and initiated with a sweep stroke on the outside of the turn. The blade is placed in the water just ahead of the pivot point with the power face towards the boat and opened towards the bow. The top hand crosses the centreline of the kayak to support the paddle shaft. Effective torso rotation toward the inside of the turn and lifting of the inside edge should be evident throughout the turn. The turn can be extended using a bow draw and completed with a forward stroke.

**Stern rudder** – Paddle straight downwind on small waves, with the paddle kept on one side of the boat. Demonstrate good torso rotation while looking forward.



## BLUE DOG KAYAKING

### KNOWLEDGE

The knowledge and skill required for safe paddling at this level is governed by the conditions along a moderately exposed shore with frequent landing opportunities. The content listed in this section is not exhaustive and is provided here as a guide to the extent of knowledge necessary for safe and enjoyable paddling in a Level-2 environment.

### JOURNEYING & SEAMANSHIP

Journeying and seamanship refers to the practical skills, equipment preparation, trip planning and judgments that are ongoing throughout the planning and completion of an overnight trip. The following list is not exhaustive and is provided here as a guide to areas of judgment necessary for safe and enjoyable paddling in a Level-2 environment.

**Preparation** – Organize the gear and packing for an overnight outing. Create a list of minimum gear for an overnight trip. Describe the methods of outfitting a kayak to properly fit the paddler.

**Organize the gear and packing** – Pack a kayak with a balanced and stable load for an overnight trip.

**Navigation and route selection** –

- Use charts to interpret aids to navigation and determine potential hazards.
- Use charts and / or topographical maps to navigate a route.
- Use charts and / or topographical maps to determine possible launching and landing sites.
- Use tide and current tables for tidal predictions.
- Use a compass for simple navigation. Record dead reckoning data and calculations.
- Use ranges and other simple piloting methods to aid in navigation.
- Introduce the use of basic GPS features in conjunction with a chart or topographic map.
- Use piloting methods such as lines of position formed by natural features, built structures, and compass bearings.
- Communicate your position and course to members of the paddling group and others such as rescue services and persons at a distance outside of the group.

## BLUE DOG KAYAKING



**Weather and sea conditions** – obtain a marine weather forecast, report and observations, and interpret the probable effect on paddling conditions. Understand the cause and effects of currents and winds, on sea conditions.

**Group awareness** – understand the nature and purpose of leadership in a paddling trip. For group control and awareness, use the concepts of lead and sweep boats, or home boat, and paddling buddies.

**Communication** – Discuss signalling devices such as flares, whistles, horns, mirrors, strobes, radios, cellular phones, and EPIRB or PLBs. Use visual and sound signals to effectively communicate on the water. Describe emergency procedures for communication with Coast Guard, police and the commercial and public boating community.

**Knots** – demonstrate and describe the use of various knots: clove hitch, bowline, figure of eight, rolling hitch. Understand the fundamental characteristics of line made of various materials.

**Cold injuries** – Hypothermia causes, effects and treatment (e.g., more in-depth understanding, the additional concerns with an overnight trip).

**Camping skills** – describe the features of a good campsite. Prepare a campsite for safety and comfort during inclement weather. Using a chart or map describe how to determine locations likely to provide good campsites.

## BLUE DOG KAYAKING

### ASSESSMENT

Activities focus on the practical skills for overnight trips. Well-developed skills are necessary, such as a strong forward stroke, effective bracing, and manoeuvring in waves and current, as well as rescue skills including rolling and towing. Activities that show control and confidence can include paddling through narrow rocky channels with small waves or current, or traversing moderate tidal races. At this level the participant must also engage in judgment, planning and navigation tasks relevant to an overnight trip along a diverse and moderately exposed shoreline.

### COURSE PLAN

This course may include a short trip with one nights camping - participants should come to the course prepared to camp and deliver presentations at a campsite with few facilities.

#### DAY 1-

##### 9:00am

- Meet and greet, introductions and paperwork
- Lectures: Paddle Canada/Adult Education Principles/How People Learn/L2 lectures, structure, content and delivery.
- Learning and teaching styles/ the “learning risk curve”/Outcomes - SMART
- Instructor responsibilities/ethics/duty of care
- Liability issues/insurance/waivers

##### Afternoon at Mill Bay

- Health, safety, energy check, warm ups and challenge by choice/safety veto
- Review of L2 strokes
- Review of L2 rescues
- Videotaping of students strokes and rescues

##### Evening

- Individual lesson prep

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#### DAY 2-

## BLUE DOG KAYAKING

9:00am

- Review of stroke video
- Student teaching lessons - Theory

Student teaching sessions on;

- Strokes
- Rescues
- Maneuvers
- Towing

Evening

- Individual lesson prep
- Student theory presentations



DAY 3-

Student teaching assessment sessions on (in Sooke)

- Strokes
- Rescues
- Maneuvers
- Towing

Evening

- Individual lesson prep
- Student theory presentations

## BLUE DOG KAYAKING

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### DAY 4 (IN SOOKE) -

Student teaching assessment sessions on

- Strokes
- Rescues
- Maneuvers
- Towing



### DAY 5 -

- Final student stroke, lessons and theory presentations
- Review of study questions and answers
- Written exam
- Participant Course Plans
- Independent study which can be completed at your leisure



### YOUR INSTRUCTORS

#### DAVE NICHOLS

David is the owner of Blue Dog Kayaking and senior Instructor and Instructor trainer with Paddle Canada.

After moving to BC with his partner Alison, David discovered kayaking (initially as a way to access difficult hiking routes) however, paddling soon became his passion.

David holds; Paddle Canada Level 3 Instructor Trainer, Level 4 Instructor and Level 4 skills certification. As a professional kayak instructor he has taught hundreds courses and as a result has been instrumental in the delivery of the Paddle Canada Sea Kayaking Program on Vancouver Island.

"I feel very privileged to have worked with so many wonderful people helping them to achieve their individual goals in the quest to become confident, competent and safe paddlers"



## BLUE DOG KAYAKING

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### AMBER CHAMPION

Amber has been drawn to the water and outdoors from an early age. She loves discovering beautiful places and sharing that experience with others. Her passion and enthusiasm for kayaking is evident when meeting her.

A graduate from Laurentian University in Outdoor Leadership Amber now works as the director and Lead Instructor for Blue Dog Kayaking the country's number one provider of Paddle Canada Sea Kayaking programs.

She holds Paddle Canada Level 4 skills and is a Paddle Canada Level 3 skills Instructor and will shortly complete her L2 Instructor Trainer certification.

Amber is a great inspiration for all female paddlers who want to progress in the world of Sea Kayaking Instruction

