



PADDLE CANADA LEVEL 1 SKILLS

COURSE OUTLINE & SCHEDULE

DAY ONE

INTRODUCTION - 1 HOUR

- WHO you are and why are you here? Paddling experience, what are you looking to achieve from this course?
- SAFETY equipment, pump, PFD, tows and throw line, paddle float, clothing
- PADDLES, boat design and outfitting
- INJURY prevention and resources

ON WATER MORNING SESSION - 2 HOURS

- LIFT AND CARRYING - launching, how to enter and exit a kayak
- FORWARD AND REVERSE STROKE - Paddle 100m in a straight line, Paddle backwards for 20m in a straight line
- SWEEP STROKE -Use sweep stroke to pivot turn in both directions
- DRAW STROKE - Use a draw to move kayak sideways 3m
- LOW BRACE - Simulate capsize and demonstrate proper low brace technique
- EDGING- Paddle forward 5m with kayak tilted on edge

LUNCH & THEORY - 1 HOUR

- JOURNEYING, seamanship, weather and Navigation

ON WATER AFTERNOON SESSION - 2 HOURS

- **RAFTING** - raft in a group to form a stable platform
- **WET EXIT** -controlled wet exit
- **ASSISTED RE-ENTRY** - In deep water, wet exit and re-enter the kayak with assistance from another paddler. The capsize must be natural, with spray deck in place. Rescue is complete when the excess water is removed from the cockpit, the swimmer is back in the boat, the spray-skirt is attached and the paddler has regained sufficient stability to paddle effectively. The participant will demonstrate as both swimmer and rescuer. Participants should have the opportunity to practice both the T-rescue and the raft, re-enter and pump techniques.
- **UNASSISTED RE-ENTRY** - Wet exit and re-enter a kayak in deep water. The capsize must be natural, with spray deck in place. Rescue is complete when the excess water is removed from the cockpit, the swimmer is back in the boat, the spray-skirt is attached and the paddler has regained sufficient stability to paddle effectively. Aids such as a paddle float may be used.
- **BOW RESCUE** - Demonstrate a confident capsize and attract attention by banging on the hull. The rescuer will move in from 5 meters away 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.
- **RETRIEVING A SWAMPED KAYAK** - swim out no more that 25m retrieve swamped kayak and swim back to shore.

DAY TWO

GROUP TRIP PLANNING EXERCISE

- **GEAR** - to pack for a day long paddle.
- **WEATHER** - discuss forecasting including an introduction to VHF radio, the effects of wind strength and direction, possible changes and outcomes.
- **TIDE AND CURRENT** - explore and discuss how tide and current will effect route planning
- **SEA STATE** - discuss how weather (in particular wind) plus current can effect sea state (wind waves and chop)
- **CHARTS AND NAVIGATION** - study the local chart and plan a safe day paddle using the information discuss above. Taking into account paddling speed and distance the group should agree on a route to suit the weakest paddler and provide rest and lunch breaks.
- **FLOAT PLAN** - write and submit a float plan prior to departure
- **BEACH TALKS** - discuss route with the group, agree a lead and sweep kayak, identify kayakers with radios and 1st aid kits

DAY PADDLE

Additional skills to be performed on the water

- **STERN RUDDER** - steering the kayak with the paddle at the stern (used downwind in waves or surf)
- **CONTACT TOW** - a simple towing technique to extract an injured or distressed paddler from a dangerous situation
- **LINE TOW** - Towing a kayaking with a tow line
- **LOW AND HIGH BRACE TURNS** - carving turns for maneuvering the kayak

ADDITIONAL SUBJECTS FOR DISCUSSION

- HERITAGE - understanding the local area, history of paddling
- ENVIRONMENT - wildlife and conservation, viewing distances and effects of disturbance to nesting birds and breeding marine mammals
- LEAVE NO TRACE - paddling and sound lunch and rest beach selections.
- SHOWING courtesy to other water users

INDIVIDUAL ASSESSMENTS AND COURSE EVALUATION