

Intermediate Coastal Canoeing

2009 Dates: October 20th, 21th and 22th (evenings from 7:30-9:30) and October 24th (all day) (October 25th is alternate date for Oct. 24th, for inclement weather).

Location: St. John's, NL

Cost: \$125, Includes group equipment, Paddle Canada certification and course manual. Excludes canoe, personal equipment, transportation and meals for the trip portion of the course.

Aim: To provide the theory and skill necessary to paddle with others of similar ability in sheltered coastal canoeing locations.

Certification Available: Paddle Canada Intermediate Coastal Canoeing

Prerequisites: Paddle Canada Intermediate Lake Tandem Canoeing or permission of the Course Director based on proof of prior learning of equivalent skill and knowledge.

Coastal Description: Sheltered waters with easy landing options. No open crossings. An example would be a harbor open at one side. Some refracted swell and / or small breaking waves can be present.

Conditions: Light wind (0-11 knots) Sea state calm to light chop.

Note: Some exposure to small swell and small breakers is appropriate as it is a progression to Advanced Coastal Canoeing and provides a greater understanding in participants of the different environmental considerations between sheltered and exposed coastlines.

Introduction

The successful INTERMEDIATE COASTAL CANOEING candidate is considered an intermediate tandem coastal canoeist, capable of performing a variety of rescues and manoeuvres in sheltered coastal conditions in light winds. The successful participant is able to select appropriate locations consistent with Intermediate Coastal Canoeing conditions. The course expands upon concepts begun in the Introduction to Coastal Canoeing Program including tidal prediction, marine forecasting and navigation with nautical charts and adds greater detail surrounding land – wind interactions. However, the main focus remains the selection of appropriate coastal locations and conditions for Intermediate Coastal Canoeing.

The evaluation will be comprised of an on-going skill assessment throughout the course including general paddling skills.

Course Outline

This is a general outline for the Intermediate Coastal Canoeing Course. We reserve the right to alter the schedule as necessary. Weather, logistics and the desires of the class may cause this schedule to be altered or changed. The course covers a lot of material in a very short period of time; candidates are discouraged from planning anything else during this period. Attendance is required for all parts of the program.

Day 1 Tuesday evening lectures

7:30 – 9:30 – Introductions, course overview, Paddle Canada Coastal Canoeing program overview, Lectures on Safety and equipment.

Day 2 Wednesday evening lectures

7:30 – 9:30 – Marine Navigation and Tides – practical navigation with nautical charts. Tide and current theory and prediction.

Day 3 Thursday evening lectures

7:30 – 9:30 – Lectures on Weather/ Sea State prediction and Trip Planning in coastal environments.

Day 4 Saturday Practical Day Trip (Sunday bad weather alternate)

All day – Day trip somewhere in Conception Bay, Trinity Bay or the Southern Shore. Students work on towing, navigation, group management and refinement of strokes. Debrief at trip's end.

What to bring

For the on-water training, candidates are expected to provide the following equipment.

- Canoe (shared is appropriate) and personal paddling gear (waterproofed) and equipment including Transport Canada required equipment.
- Pen
- Clothing appropriate to the environment. Avoid cottons -- clothing should consist of fleece & wool that will retain warmth when wet.
- A change of dry clothing to be kept in reserve at all times
- Shoes you don't mind getting wet
- A wet suit is required. They can be rented at the Outfitters store 220 Water Street for a nominal cost. Reserved by phone at 579-4453.



The Newfoundland Kayak Company

47 Parkhill St., St. John's, NL, A1E 6B2, 709.726.0516, info@nfkayak.com, www.nfkayak.com

General Outcomes

For additional information on the outcomes of the course, please contact the Newfoundland Kayak Company.

Theory:

Water/Wind/Waves/Weather (concerns and hazards)

The candidate will access both a land and a marine forecast and interpret its effects on the paddling area. The candidate shall identify on a nautical chart probable local land-wind interactions based on land and marine forecasts. The candidate will also identify probable locations on a nautical chart with clapotis, cross seas, wind against tide, boomers, swell and surf beaches. The candidate will not actually paddle such areas on the course but will be able to recognize the factors that contribute to those conditions.

Tides

The participant will know what causes tides and will be able to name the factors that influence tidal range and explain what terms such as diurnal, semi-diurnal, spring, neap, perigee and apogee mean.

Navigation

The participant will successfully identify 3 out of 4 obvious landmarks using a nautical chart. The participant will identify several common symbols on nautical charts including symbols for rock awash, rock with drying heights and manmade aids to navigation. The participant will determine time to travel a specific distance using estimated paddling speed in knots and nautical miles from a nautical chart.

Choosing a Safe Environment

The candidate must select, on a nautical chart 4 – 5 safe locations for Intermediate Coastal Canoeing given the local land and marine forecasts. The nautical chart must include both sheltered coastal areas and exposed coastal areas. The candidate must also identify areas on a nautical chart with a probability for land-wind interactions (for example gap winds) and “sea” conditions such as clapotis, cross seas, wind against tide, boomers and surf beaches.

Hypothermia

The candidate shall participate in a mock treatment of a hypothermic patient. The candidate will also describe the individual elements of the 1:10:1 rule.

Personal Preparation (clothing, water, snacks, meds, etc)

The candidate shall show up for the trip portion of the course with the appropriate personal items and clothing for an Intermediate Coastal Canoe trip including personal immersion protection such as wet suit or dry suit if appropriate to the location and conditions.

Equipment

The candidate will also describe boat and paddle design features that contribute to safe and efficient coastal canoeing.

Safe Canoe Procedures

The candidate shall demonstrate safe and efficient handling of canoe and equipment in an intermediate coastal canoeing environment. This includes respecting lead and sweep boats, staying with the group, communicating desires effectively and contributing to decision making discussions and working to resolve any group disagreements or conflict.

Practical:

PLEASE NOTE: The following rescue techniques are to be performed in controlled coastal environments: That is, light wind with chop in coastal water (not ponds, swimming pools or coastal environments with significant wave action), proper clothing, with assistance of a partner.

Canoe over Canoe (victim and rescuer)

Following capsizing in deep water and while maintaining contact with the canoe, the candidate shall perform a canoe over canoe rescue at least once as **both** a victim and a rescuer. The rescue will be natural with the canoe loaded for a typical coastal day paddle. Candidate must show confidence during the exercise, maintain contact with the boat and demonstrate effective communication with other paddlers (i.e., paddling partner and rescue boat). The rescue shall take no more than 4 minutes.

Canoe Towing Rescues

The candidate shall successfully perform at least one canoe tow rescue. The candidate shall approach an un-swamped canoe, secure the canoe to the rescue boat using a quick-release system and tow the canoe 50 meters. The victims can apply resistance using paddles to simulate windy conditions. During the tow scenario, the candidates will efficiently and quickly switch towing boats or conduct an in-line tow. *(Note: this exercise is meant to simulate assisting canoe paddlers that are having trouble making headway as a result of injury, illness, strong wind or current)*

Paddling Skills

General:

Paddling Concepts:

The candidate shall demonstrate an expanded knowledge of paddling concepts in the context of a coastal canoe day paddle, including compound strokes, underwater recoveries, dynamic strokes and consistent use of torso rotation.

Paddling Mechanics:

The participant shall demonstrate control of the canoe when it is affected by environmental conditions including paddling in a head, tail and beam wind and choppy water.

Balance and edging:

The candidate shall demonstrate good beginnings of tilting the canoe to assist turning maneuvers. Good beginning of this skill will provide a foundation for outcomes in the Advanced Coastal Canoeing Program.

Strokes:

The candidate shall perform Intermediate Lake strokes including Cross Bow Draws, Bow Pry, Reverse J and Compound reverse strokes while paddling along a coastline. The participant will demonstrate committed bracing in a coastal environment.

Maneuvers:

All Intermediate Lake Tandem manoeuvres shall be demonstrated while paddling along a coastline in both the bow and stern positions and with the assistance of a partner. Manoeuvres including forward straight-line paddling (maintaining pace with the group), tight pivot turns, side slipping, improved stopping skills, figure 8s, left and right turns for docking and reverse straight-line will be reviewed; however, the focus in all levels of the Coastal Canoe Program is on application of Tandem Lake skills. Manoeuvres shall be demonstrated in "real life" situations along a coastline, for example, reverse straight line out of a sea cave or rock garden.

Day Trip Planning and Recap:

Paddling in a Group (lead and sweep)

The candidate shall participate in group communication events such as departure briefings and respect group management techniques such as lead and sweep boats, staying with the group, communicating desires effectively, contributing to decision making discussions and working to resolve any group disagreements or conflict. The participant will participate in the filing of a float plan (emergency contacts, destination, anticipated time of return, group participants and description of equipment).

Course Limitations

The participant will describe what additional skills are required to paddle areas with greater exposure and environmental conditions.



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Additional Courses

The participant will, through his or her description of the course limitations, demonstrate that the Advanced Coastal Canoeing program has outcomes related directly to canoe travel in areas with greater exposure and more challenging environmental conditions.

Resources

The candidate will be aware of Paddle Canada, provincial/territorial regional member associations, national and provincial parks, conservation authorities, canoeing and kayaking schools, private camps and clubs that pertain to canoeing and kayaking. The candidate will also be aware of additional reference material such as canoe/sea kayaking instruction books and videos, Internet websites and more experienced paddlers.

Local Paddling Clubs or Groups

The candidate shall be made aware of local paddling clubs or groups and understand their relevance as a valuable resource of local knowledge.

Paddling Etiquette

The candidate must demonstrate consistent practice of proper paddling etiquette where necessary (ex. not leaving a paddle underfoot to cause injury, remaining with the group while underway on the water, etc.).

Leave No Trace (in relationship to day paddling)

The candidate shall demonstrate application of the seven Leave No Trace Principles as appropriate in coastal environments.

Canoe Tour (minimum 1 day)

The candidate shall accompany the instructor on a minimum 1 day Coastal Canoe paddle, as per the conditions of the level. During the tour, the candidate shall demonstrate intermediate level strokes and manoeuvres and consistent contribution of safe and cooperative coastal paddling, including keeping pace with the group.