



The Newfoundland Kayak Company

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

Safe Kayaking Level 1

2010 Dates: September 25th and 26th, 2010.

Location: St. John's, NL

Cost: \$299, Includes group equipment (if necessary), course manuals and Paddle Canada certification. Excludes kayak, personal equipment, transportation and meals for the trip portion of the course.

Kayaks can be rented for \$50 for the weekend. Wet Suits can be rented for \$20 for the weekend. We have one Gortex Expedition dry suit (size Large) that is available for \$50 for the weekend.

Aim: To provide the theory and skill for a daylong sea kayaking trip at sea in sheltered waters.

Certification Available: Paddle Canada Introduction to Kayaking or Level I

Prerequisites: Age requirement: 14 years of age; No previous experience necessary.

INTRODUCTION

This is a weekend course with a strong focus on safety and rescues. It is designed to give participants the skill to paddle safely with others of similar ability in Level I conditions. Successful candidates will be awarded either Paddle Canada Introduction to Kayaking or Level I skill levels.

In particular, successful candidates for this award will be able to:

- Re-enter the boat unassisted;
- Consistently rescue self and others with confidence;
- Demonstrate the beginning of edging control to assist turning;
- Paddle and navigate in sheltered conditions;
- Identify level 1 areas and conditions on a nautical chart;
- Plan and execute a daylong sea kayaking trip in sheltered sea conditions;

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



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COURSE OUTLINE

This is a general outline for the Level I 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.

Day 1 (Sat) Long Pond, St. John's

9:00 – Strokes 1: Forward, reverse, stopping, forward and reverse sweeps and draw strokes.

Noon – Lecture on navigation and weather.

1:30 PM – Strokes 2: High and Low Braces, rescue clinic.

Day 2 (Sun) Village Mall then drive to Cape Broyle or Conception Harbour

8:30 – Strokes 3: Stern rudder, towing. Day trip: Students work on towing, navigation, group management and further develop strokes. Debrief at trip's end.

WHAT TO BRING

For the on-water training, candidates are expected to provide the following equipment. A more detailed equipment list will be forwarded upon registration.

- ❑ Pen
- ❑ Clothing: Avoid cottons -- clothing should consist of fleece & wool that will retain warmth when wet or quick dry nylon.
- ❑ Rain coat
- ❑ 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. I have a few of various sizes. They can also be rented at the Outfitters store 220 Water Street for a nominal cost. You need to call a few days ahead to reserve. Reserved by phone at 579-4453.

DRIVING DIRECTIONS:

Saturday 9:00 a.m. – 4:30 p.m. Long Pond – St. John's (pond behind the university – Fluvarium is on the other side of the pond). We meet at the Splash Facility, located off Prince Philip Drive. It is located behind the University's Business Administration Building and Feild Hall. We meet at the small green clapboard covered building next to the floating dock.

Sunday 8:30 – 4:30 – We meet at the Village Mall parking lot and car pool to Cape Broyle or Conception Harbour. You should expect to be finished by 4:30 PM.

GENERAL OUTCOMES

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

Strokes

Candidates will demonstrate good beginnings to the basic strokes including forward, reverse, stopping, draws, stern rudder, high brace, low brace, forward and reverse sweeps. These are skills that will enable you to control the boat in a variety of conditions and situations.

Self Rescues

Candidates will demonstrate at least 1 self-rescue technique (no time limit).

Rescues

The candidate will be able to successfully return a capsized victim to full function including getting the water out of the kayak, getting the victim back into the kayak, and ensuring the victim's stability.

Towing

Candidates will be familiar with a variety of towing methods and systems.

Navigation

The candidate will be able to use a variety of navigation tools including charts/maps, compass, to plan and execute a daylong sea kayak trip in sheltered conditions.

Weather

The candidate will know where to get and how to interpret and use a forecast within the context of a daylong sea kayaking trip.

Tripping

The candidate will gain practice at navigating and guiding during a section of the trip. Students will understand the basics of such elements as group control, hazard assessment and route finding.