

Safe Kayaking Level 2

Dates: August 7th – 14th in Bay of Exploits (students are expected to arrive on the evening of August 7th)

Location: Bay of Exploits, NL

Cost: \$745, Includes all meals for the course, course manual, certification and group equipment. Excludes: Transportation, kayak and personal equipment including tents. Kayak rentals available at \$100 for the week. Limited number of boats available.

Aim: To provide the skills and knowledge for proficient kayaking at sea in moderate conditions, on overnight trips along a moderately exposed coastline with frequent easy landing sites.

Prerequisites:

- Paddle Canada Level-1 Skills certification or equivalent skill and knowledge.
- Experience: At least 3, one day long, kayaking trips in different locations
- Wilderness First Aid (16 hours) strongly recommended
- Ability to roll is strongly recommended

Location:

Moderately exposed coastline with frequent easy landing opportunities

Conditions

Moderate winds (12-19 knots), combined sea state less than 1-metre with a moderate sea state. Surf < 1 meter. Current < 3 knots.

INTRODUCTION

This 7-day program is the third step in the national certification program. It takes the participant from the shelter of level 1 conditions and develops the skills and knowledge necessary for paddling on an exposed coastline in moderate conditions. Candidates will be assessed on their ability to paddle on exposed coastlines including overnights in moderate conditions with others of similar ability. Students will be exposed to surf-landings, swell and waves, open crossings, tidal currents and challenging navigation.

The evaluation will comprise an on-going skill assessment throughout the course including general paddling skills and on-water leadership.

The student to instructor ratio is 4:1. This helps to ensure a rich learning environment with lots of opportunity for one to one coaching and feedback.

COURSE OUTLINE

This is a general outline for the Level 2 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.

August 7th – 14th, 2010

Day 1 (Saturday)

Evening/Night – Arrive at Winter Tickle, Introductions, Paddle Canada program & course overview

Camp: Winter Tickle

Day 2 (Sunday)

Morning – Navigation lecture, pack kayaks and depart

Afternoon – Strokes 1: basic control and turning.

Evening – Set up camp

Camp: Garden Cove

Day 3 (Monday)

Morning – rolling and rescue clinic

Noon – Lecture on kayak equipment and design

Afternoon -- Strokes 2: support and recovery

Evening – Weather and sea state lecture

Camp: Garden Cove

Day 4 (Tuesday)

Morning – Break camp and depart for next camp

Afternoon – Strokes 3: maneuvering and towing, set up camp

Evening – Set up camp

Camp: Sampson Island

Day 5 (Wednesday)

Morning – Break Camp and depart

Afternoon – Lecture on Tides and Currents

Evening – Tidal current work & night navigation

Camp: Dildo Run

Day 6 (Thursday) Trip begins

All day – Break Camp and depart

Afternoon -- On the water navigation & leadership

Camp: Pond Island or Upper Black Island

Day 7 (Friday)

Morning – Break camp and depart for Winter Tickle

Afternoon – Arrive Winter Tickle



The Newfoundland Kayak Company

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

Evening – Course conclusion, evening social
Camp: Winter Tickle

Day 8 (Saturday)

Morning – depart

EQUIPMENT LIST

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

- A seaworthy kayak with secure hatches.
- Paddle
- Helmet (essential item, whitewater type is best)
- Spare paddle (one paddle for every 4 persons is acceptable)
- Tow line with a reliable and effective quick release
- Pump
- Cold water immersion gear
- PFD
- Whistle, or other louder than voice hailer
- Compass (marine is preferred) – if a marine compass, additional tools to plot routes and lay lines of position. Adjustable orienteering compasses must be set to 0.
- First aid kit (personal kit is fine – we will have a group kit)
- Repair kit (personal kit if fine – we will have a group kit)
- Waterproof light for our night paddle
- 3 Chemical light sticks (for our night paddle)
- Tent and personal camping gear (shared tent is acceptable)

GENERAL OUTCOMES

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

Strokes

Candidates will demonstrate a range of paddling skills such that they are able to maintain efficient control of the angle, motion, and tilt of their kayak in moderate sea conditions. Strokes must be demonstrated on both sides.

Self Rescues

Candidates will demonstrate at least 1 self-rescue technique in addition to the roll (no time limit).

Assisted Rescues

Candidates will demonstrate at least 2 assisted-rescue techniques in moderate sea conditions. The assisted rescue must be performed in less than one (1) minute.

Towing

Candidates will demonstrate contact tows, short-tows, and long tows in moderate sea conditions over a variety of distances.

Navigation

The candidate will use a variety of navigation tools including charts/maps, compass, tides tables, and chart one to plan and execute a multi-day sea kayak trip in moderate sea conditions.

Weather

The candidate will use a variety of weather aids to make reasonable 6 to 12 hour weather predictions to be used within the context of a multi-day sea kayak trip in moderate sea conditions.

Communication

The candidate will demonstrate proficiency with a variety of communication techniques appropriate to the area of travel including arm, hand and paddle signals.

Currents & Surf

Students will be exposed to tidal currents < 3 knots and surf < 3 feet. Students will demonstrate a variety of maneuvers including entering and exiting the current, ferries, and surf landings and launches.

Judgment

The candidate will demonstrate good judgment (a combination of knowledge, experience, and reflection) in their actions.

READING LIST

It is recommended that, prior to the start of the course, candidates will have appropriate knowledge of the theory behind sea kayaking. This level of knowledge would normally be acquired by studying almost any basic book on sea kayak. The following are recommended:

Newfoundland Kayak Company's Level 2 Course Manual – Richard Alexander
Handbook of Safety and Rescue – Doug Alderson & Michael Parly
Where the Wind Blows – Environment Canada
Fundamentals of Kayak Navigation – David Burch