

Safe Kayaking Level 3

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: In the context of a multi-day journey, level III focuses on the further development and practical application of leadership, risk-assessment, decision-making, judgment, group management, and general seamanship. Participate in a multi-day journey that includes changing conditions and varying terrain. Develop the skills necessary to lead a small group of recreational paddlers on an overnight journey. Develop the skills outlined in Level-2 to a higher standard of proficiency.

Prerequisite:

- Paddle Canada Level-2 Skills certification or equivalent skill and knowledge
- Tripping experience – extended trips of 2 or more days totaling 10 overnights
- Wilderness First Aid (16 hours) with CPR is strongly recommended
- VHF radio operator's license is recommended
- Red Cross Bronze Medallion swimming and life saving (or equivalent) is recommended

Location: Exposed coastline with frequent landing opportunities

Conditions: Moderate winds (12-19 knots) Combined sea state near 1-metre with a moderate, occasionally rough sea state. Surf < 1 meter. Current < 3 knots.

INTRODUCTION

This 7-day program is designed to enhance the skills and techniques of leadership and seamanship and further develop level 2 paddling skills. Candidates will be assessed on their ability to paddle and provide leadership on exposed coastlines including overnights at the upper limit of level 2 conditions with others of similar ability.

The evaluation will comprise on-going skill assessment throughout the course including general paddling skills and on-water leadership and a written exam. Ability to roll in open water conditions is essential. Note: If you are unsure about your suitability for this award please contact the Course Director.

COURSE OUTLINE

This is a general outline for the Level 3 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.

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 – Leadership lecture

Camp: Garden Cove

Day 3 (Monday)

Morning – Strokes 2: Blending and combinations

Noon – Lecture on kayak equipment and design

Afternoon – Rolling and rescue management

Evening – Weather and Sea State lectures

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

Evening – Course conclusion, evening social

Camp: Winter Tickle



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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 either float bags or bulkheads with secure hatches.
Paddle
- Helmet (essential item, whitewater type is best)
- Spare paddle (one per group is fine)
- Tow line with a reliable and effective quick release
- Pump
- Cold water immersion gear
- PFD
- Whistle, or other louder than voice hailer
- Additional communication equipment appropriate to the area including, but not limited to flares, VHF radio, cell phone, or satellite telephone.
- 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.
- An ability to insulate and warm a cold or hypothermic person, including the ability to serve a warm drink.
- 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 (white is the preferred color if available – good luck)
- Tent and 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 mastery of paddling skills such that they are able to maintain efficient control of the angle, motion, and tilt of their kayak in open sea conditions including strong current, wind and swell.

Self Rescues

Candidates will demonstrate the roll in rough water

Assisted Rescues

Candidates will demonstrate at least 2 assisted-rescue techniques in open sea conditions.



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Towing

Candidates will demonstrate contact tows, short-tows, long tows and the management of towing scenarios in open sea conditions over a variety of distances.

Rescue Management

The candidate will manage situations and combine a variety of rescue-techniques 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.

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 open sea conditions. The candidate will demonstrate the ability to follow a dead reckoning course in low visibility 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 open sea conditions. The candidate will maintain a log of personal weather observations.

Communication

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

Currents

Students will be exposed to tidal currents > 3 knots. Students will demonstrate a variety of maneuvers including entering and exiting the current, ferries, and a change of direction in mid current.

Surf

Students will demonstrate confident control of the boat in surf > 3 feet including effective surf landing and launching skills as well as landing and launching a group in surf.

Leadership

The candidate will demonstrate strong leadership skills in a variety of situations including rescue scenarios and the daily routines of overnight group travel in moderate sea conditions.

Judgment

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



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READING LIST

It is recommended that, prior to the start of the course, candidates will have appropriate knowledge of the theory behind sea kayaking. The following resources are recommended:

Newfoundland Kayak Company's Level 3 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