



**PADDLE  
CANADA**  
**PAGAIE  
CANADA**

## **COURSE OUTLINE & INFORMATION INSTRUCTOR LEVEL 1 NEWFOUNDLAND**

### **About Instructor Level 1 Course**

**Dates:** Two weekends: September 21-22 and 28-29, 2019

**Location:** Long Pond in St. John's and Cape Broyle

**Cost:** \$499, Includes Newfoundland Kayak Company instructor manual and program manual (electronic versions). Excludes kayak and personal equipment, transportation, accommodation, meals for the course and Paddle Canada instructor fee (payable directly to Paddle Canada).

#### **INTRODUCTION**

This 4 -day program is designed for aspiring sea kayak instructors. Candidates will be assessed on their ability to organize and execute a 1 day and 2-day kayak program for novice and beginner paddlers. Successful candidates will be certified to administer the Paddle Canada's Basic Kayaking and/or Level 1 Kayaking Programs.

This is a course designed for individuals who have had some previous sea kayaking experience and training. The general skill training included in this course is designed to polish existing skills; it is NOT an introduction to these skills. Applicants seeking an introduction to paddling skills are encouraged to take one of our skill development courses, specifically our Safe Kayaking Level 1 or 2 skills courses.

#### **Evaluation:**

The evaluation will comprise a written test, on-water general paddling skills, on-water instruction and leadership, and classroom assessments.

#### **Prerequisites for Level 1 Instructors:**

- At least 18 years of age
- Paddle Canada Level-2+ Skills
- Basic Kayak Instructor highly suggested

- Teaching Experience: it is highly recommended that the prospective candidate has taught a minimum of two Basic Kayak Skills courses within the past three years, being the lead instructor on at least one of those courses
- Current certification in first aid (14 hours) with CPR
- Paddling Experience of 30 days in Level-1 conditions (including overnights)
- **NOTE:** Participants who do not meet the recommended prerequisites must contact the course director to discuss their suitability for this program.

## GENERAL OUTCOMES

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

Successful candidates for these awards will be able to:

### Skills Outcomes:

- Consistently self-rescue and rescue others with confidence;
- Effectively and efficiently maneuver the kayak with attention to the principles of biomechanics. Strokes must be performed at a level exceeding minimum Level 1 and be suitable for the instructional environment.

### Instructional Outcomes:

- Organize and execute a one-day or two-day kayaking instructional program for novice and beginner kayakers;
- Demonstrate consistent application of adult learning principles in teaching topics;
- Demonstrate, on demand, rescue and general paddling skills at a level exceeding minimum Level 1 or Level 2 skills suitable to the Intro to kayaking and/or Level 1 instructional environment;
- Detect and correct common errors in Introduction to kayaking and/or Level 1 strokes;
- Clearly and confidently communicate with groups of students, and;
- Exhibit appropriate leadership styles.

## EQUIPMENT LIST

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

- A seaworthy kayak with secure hatches.
- Paddle
- Tow line with quick release
- Pump
- Cold water immersion gear
- Life Jacket
- Whistle

- Additional equipment to assist in instructing a kayaking course.
- An ability to insulate and warm a cold or hypothermic person, including the ability to serve a warm drink.
- First aid kit

## COURSE OUTLINE

This is a general outline for the Instructor's 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 One – Richard's House, St. John's**

**7:00 PM – 9:00 PM** – Classroom

Introductions, paperwork, expectations, evaluations and a review of the course schedule

### **Day Two – Richard's House & Long Pond, St. John's**

**Morning** -- Lecture: Paddle Canada Program administration.

Lecture: Adult education principles, Level 1 Lectures

**Lunch** – Level 1 Lectures

**Afternoon** – Review Level 1 strokes with videotaping of student strokes

### **Day Three -- Long Pond, St. John's – On water**

**Morning** – Lecture: Setting Boundaries, water talk & communication. Student teaching sessions -- lifting and carrying a kayak; forward and reverse paddling; forward and reverse sweep strokes; low brace; pulling draw and edging. Self and assisted rescues: Retrieving a swamped kayak, Wet Exit, Eskimo Rescue, T- rescue & Rafting.

**Lunch** -- Student teaching session – Kayaks and Equipment

**Afternoon** – Student teaching sessions - lifting and carrying a kayak; forward and reverse paddling; forward and reverse sweep strokes; Low Brace; pulling draw stroke and edging.

### **Day Four – Trip portion, Cape Broyle**

**Morning** – Student teaching sessions – towing, navigation, group management, and rescues.

**Afternoon** – Lecture on feedback and student simulation; written exam; feedback and evaluations

## DRIVING DIRECTIONS:

**Long Pond – St. John's:** (pond behind the university and next to the Fluvarium). 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.

## 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 kayaking. The following are recommended:

*The Newfoundland Kayak Company's Level 2 Course Manual* – Richard Alexander & Ian Fong  
*The Art of Teaching Adults* -- Peter Renner  
*Where the Wind Blows – Atlantic Canada* - Environment Canada  
*Canoe and Kayak Handbook* by BCU

Others of interest:

*Adapted Canoeing and Sea Kayaking for People with Disabilities*  
by Roy Wilhelm  
*Outdoor Leadership* By John Graham  
*Canoe Games* by Dave Ruse.

## PROGRAM FACILITATORS

### Richard Alexander

*Certifications:*

Discipline	Instructor	Instructor Trainer
Sea Kayak	Level 4	Level 3
Canoe	Adv Coastal, Adv Lake Tandem, Adv Lake Solo, Adv Tripping Intermediate Moving Water Tandem, Intro style	Coastal

Richard is one of only six individuals in Canada to hold the highest sea kayaking certification possible (level 3 Instructor Trainer) and was the first person in Canada to achieve that designation by completing the program. Over the last nineteen years Richard has delivered more than 175 courses under Paddle Canada's nationally accredited curriculum and has certified thousands of individuals.

Richard served on the Board of Directors of Paddle Canada for nine years including four years as President. In Newfoundland and Labrador Richard is the founding President of Kayak Newfoundland and Labrador and the Newfoundland and Labrador Paddling Association. He is also a graduate of the College of the North Atlantic's Adventure Tourism - Outdoor Recreation program.

Richard has many years of wilderness tripping under his belt including a sea kayak expedition up the west coast of Greenland that finished 400 miles north of the Arctic Circle. He believes strongly that wilderness travel develops positive life skills and that by exposing youth and people of all ages to wilderness travel we create a more self-reliant society.

### Contact Information:

#### The Newfoundland Kayak Company

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