



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

LEVEL 2 SEA KAYAKING

Avalon, July 28th – July 31st, 2018

**About the Newfoundland Kayak Co.'s
Level 2 Skill Program**

Location: St. John's, Placentia Tide Race, and Cape Broyle, NL

Cost: \$600. Kayak rentals available at \$100 for the course.

Aim: Upon completion of the course, the participant will be able to confidently sea kayak in class-2 conditions along a moderately exposed shoreline in the company of one or more paddlers with similar skills and knowledge. The Level-2 paddler will be an asset to the group in all aspects of multi-day journeys with peers, including leadership, navigation skills and the ability to establish an overnight bivvy.

Prerequisite:

- Certification:
 - Sea Kayak Level-1 Skills certification or equivalent skill and knowledge at the discretion of the course director.
- Paddling experience:
 - At least 3, one-day-long kayaking trips in Level-1 conditions in different locations.
- Other training:
 - Wilderness first aid (16 hours) with CPR strongly recommended.
 - An ability to roll is strongly recommended.

Conditions: Moderately exposed coastline with frequent easy-landing opportunities and short crossings. Moderate potential wind effects (12–19 knots), surf of less than 1 meter and a combined sea state of less than 1 meter, gentle to moderate non-turbulent currents of less than 3 knots, and light surf beaches. Short delays in access to land-based assistance should be expected.

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.

Day 1 – Jul 28th (Saturday)

Morning (Richard's house) – Lectures on navigation and weather

Afternoon (Long Pond) – Strokes and rescues

Day 2 – Jul 29th (Sunday)

Morning (Richard's house) – Lecture on trip planning and video analysis of strokes

Afternoon (Long Pond) -- Dynamic strokes, rolling and rescue clinic

Day 3 – Jul 30th (Monday)

All day (Placentia) – Tidal current training – theory, maneuvers, strokes, rescues and towing

Day 4 – Jul 31st (Tuesday)

All day (Cape Broyle) – On water leadership, navigation, towing, and surf training

4 PM – Course end

EQUIPMENT LIST

An equipment list is included with the pre-course package. The Newfoundland Kayak Company will have group equipment including stoves and cook gear, tarp, first aid and repair kits. Some considerations for personal equipment include a compass (preferably marine), a helmet (whitewater style preferred) and an effective tow system.

GENERAL OUTCOMES

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

Strokes

Participants 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

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

Assisted Rescues

Participants 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

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

Navigation

The participant will, while on the water, plot and follow a dead reckoning course. The participant will also keep track of position using checkpoints, handrails, backstops and transits.

Weather

Participants will be able to identify low or high pressure systems, cold/warm fronts and the signs of weather change. They will also be able to describe the effects of land-wind interactions and effectively access and interpret forecasts from a variety of sources.

Communication

The participant 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.

Leadership

The participant will frequently contribute to the goals of the group in a variety of situations including rescue scenarios and the daily routines of group travel. The participant will be assessed on expedition behavior, competence, communication skills, tolerance for adversity and uncertainty, self-awareness, and vision and action.

Judgment & Decision-Making

The participant will demonstrate good hazard evaluation and risk management by fully participating in the decision making of the group.

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 2 Course Manual – Richard Alexander
Handbook of Safety and Rescue – Doug Alderson & Michael Parly
Where the Wind Blows – Environment Canada

COURSE DIRECTOR

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 eighteen 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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