



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

COURSE OUTLINE & INFORMATION

LEVEL 4

NEWFOUNDLAND

Advance Sea Kayaking along Newfoundland's South Coast

July 2nd – 7th, 2019

About Level 4

By the time you register for a level 4 course you are an accomplished paddler. You can paddle a sea kayak in a variety of conditions. Skill improvement at this level is small. You will not see the same advances in ability that you experienced in your level 2 course. The level 4 course is designed to refine pre-existing skills and “shake-up” preconceived notions about sea kayaking. At this level everyone is challenged to contribute to the group’s learning. Level 4 courses are run as peer to peer learning environments.

Conditions: Level 4 is **not** about charging into certain death, surfing killer waves or paddling into 30 knot winds. It is not about seeing who is the bravest, strongest, or who can hold their breath the longest when they are upside down, underwater, trapped inside something. That is not recreational paddling. Level 4 is a program for skilled paddlers who want to venture out with other skilled paddlers for a shared experience on exposed coastlines. Exposed coastlines carry risk. Level 4 is about identifying those risks and taking steps to avoid, mitigate or accept those risks as a group of peers.

Theory: Paddling exposed coastlines safely is assisted by an in-depth knowledge of the hazards you face. The activities, particularly those in the pre-course work, are designed to expand knowledge of hazards such as weather, currents, and navigation and their impact on a group of kayakers. Level 4 is an advanced study of these topics. There will be an appreciable amount of pre-course work.

Paddling Skill: When paddling in advanced conditions, like surf and current, paddlers have to be able to take care of themselves. Skill development in level 4 will focus on coordination and timing. Turning into an eddy, peeling off a wave, or maneuvering around rocks in breaking waves requires the paddler to execute movements in a precise order at a precise time. This is harder to execute under stress. A good example is rolling. Rolling in a pool and rolling in surf are two different skills. Surf and current are the best environments to develop these higher level skills because there is immediate feedback. When you don’t time your action properly you will know immediately.

Leadership: You typically do not “lead” people into level 4 conditions. A group of paddling companions with similar skills rarely designate a leader. Emergent leadership skills are developed in the level 4 program. Recognizing a problem, taking steps to resolve that problems as a group of peers is challenging. Making decisions and compromises such as a go / no-go as a group of peers can be difficult. Scenarios on the course are designed to develop critical thinking, sound judgement and the problem solving ability of participants.

LOCATION

The course is divided into three locations all within paddling distance of each other.

Exposed Coastline section: The Exposed coastline paddle will take place from Burgeo, east to Red Island and return. We camp on Red Island for one night. The route is lined with sea cliffs and open crossing with few places to land. We will select the best weather window to paddle the exposed coastline, whenever that occurs during the week.

Navigation section: Navigation will take place all the time, but we will be waiting for fog to paddle the outer islands and rocks to challenge our navigation. Burgeo is a foggy place – on average it has 22 days of fog in July. Dead reckoning navigation is used extensively. Our base of operation for this part of the course will be Derek Mercer's cabin on Cornelius Island. Participants will pitch their tents on the lawn outside Derek's cabin and we will use the cabin for bathroom facilities, eating, some cooking and group work and discussions. We spend two nights here.

Surf and current section: Surf and current activities will take place at Corner Barrasway / Norman's Head just west of Burgeo. There are several beaches with consistent surf in this area. We will pick the best one based on the direction of swell. Very strong tidal currents occur at Corner Barrasway with flood tides providing safe current practice and ebb currents creating the famous Norman's Head Tide Race. Depending on the sea state we will venture in and around the race to appreciate its power.

USEFUL RESOURCES

- Newfoundland Kayak Company's Level 2-3 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
- Sailing Directions --
http://msi.nga.mil/MSISiteContent/StaticFiles/NAV_PUBS/SD/Pub146/Pub146bk.pdf

EVALUATION

Upon registration the Newfoundland Kayak Company's outcomes document will be provided. The items listed in the level 4 section are the skills and behaviours we must see you perform to provide you with the level 4 award. This is what you will be evaluated on.

EQUIPMENT

Personal: At this level, participants should have their own equipment systems established and know what works for them. Some specifics for this course include:

- Tools to enable you to make dead reckoning plots quickly and accurately on the water
- Nautical Chart for the area # 4825
- Helmet
- Water carrier - minimum 6 liters each and make sure it is full before you arrive :)
- Reliable tow system
- Personal mug for hot drinks
- Personal first aid supplies and medications
- Tent - please try to share a tent with someone – we don't need 8 tents.

Group equipment: We will supply a large skillet, a grill and a stock pot for cooking on the fire. We will have a large coffee percolator, small pot set, large spoons, spatula, misc. cooking utensils, plates, bowls, and cutlery for all. We will also have the large Chlorophyll Tarp, group first aid and repair kits. ***Don't forget to bring your own mug.***

COURSE OUTLINE

Note: We reserve the right to alter locations and the order of course components as necessary. Factors such as weather and participant progression may require the schedule to be changed as needed.

Day 1 (July 2/2019)

10:00 AM Arrival at Aaron's Arm boat launch just outside Burgeo, you will take a portion of the group gear and we will depart for Norman's Head for surf training, navigation, leadership, scenarios, etc.

Afternoon Current work at Corner Barrasway, scenarios, etc.

Evening Review of pre-course work, daily debrief

Camp Little Gut Beach

Day 2 (July 3/2019)

Morning Surf training, leadership, scenarios, etc.

Afternoon Current work at Corner Barrasway, scenarios, etc.

Evening Review of pre-course work, daily debrief

Camp Little Gut Beach

Day 3 (July 4/2019)

Morning Travel to Cornelius Island for navigation training, leadership, scenarios, etc.

Afternoon Navigation training to the outer islands and rocks

Evening Review of pre-course work, video analysis of surf and current work, daily debrief

Camp Cornelius Island

Day 4 (July 5/2019)

All day Exposed coastline travel to Red Island (weather dependent)

Camp Red Island

Day 5 (July 6/2019)

All day Exposed coastline travel back to Cornelius Island

Evening Individual debriefs – course end

Camp Cornelius Island

Day 5 (July 7/2019)

Morning Return to Aaron's arm

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.

Mike Gilbert

Certifications:

Discipline	Instructor	Instructor Trainer
Sea Kayak	Level 3 (Currently mentoring for Level 4)	Level 2

Mike has enjoyed paddling since a youngster living in Quebec with rowboats and canoes. Taking up sea kayaking was a no-brainer living on the West Coast. Mike has made his home in Richmond, British Columbia for the last 30 years. Outside of the Paddle Canada program, he is certified as a Day Guide with SKGABC (Sea Kayak Guides Alliance of BC), a PaddleSmart Presenter Trainer; a Master Trainer with the AdventureSmart Program and a Registered Examiner for VHF Marine Radio.

Mike is currently Past President of Paddle Canada where he has served on the board of directors for 6 years. He has coached sports for more than 30 years holding certifications with Canada's National Coaching Program. With an extensive professional past in risk management, Mike believes it is important to continually improve safety and skill for all users in paddle sports. Mike is the owner and founder of BC Kayak Centre which is a division of Paçantic Risk Management Corporation.

Contact Information:

The Newfoundland Kayak Company

47 Parkhill Street
St. John's, NL
Canada, A1E 6B2
709-727-7861 (m)
info@nfkayak.com