



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

LEVEL 1 SEA KAYAKING

East Coast Program
St. John's and Conception Harbour

About NKC's Level 1 Skill Program

Aim: To provide the theory and skill for a daylong sea kayaking trips at sea in sheltered waters.

Prerequisites: 14 years of age or permission of course director; no other prerequisites or experience necessary.

East Coast Dates: October 5-6, 2019

Cost: \$299

- Includes group equipment, e-course manual and Paddle Canada certification
- Excludes personal equipment, transportation and meals for the course

Equipment rentals: A wet suit or dry suit is required for the course.

- Wet Suits can be rented from the Outfitters at 220 Water Street but **MUST** be reserved ahead of time by calling 579-4453.
- We have a limited number of Kayaks (including life jacket, whistle, spray skirt, paddle and tow system) that can be rented for \$50 for the weekend.

What to bring:

- Pen
- Personal clothing including wool hat, sun hat and gloves. Avoid cottons (clothing should consist of fleece & wool that will retain warmth when wet or quick dry nylon)
- A change of dry clothing to be kept in reserve at all times and carried in a waterproof bag or container
- Shoes you don't mind getting wet
- Rain gear
- A wet suit is required
- Water bottle, high energy snacks and lunches
- Sun screen

Objectives: This is a weekend course with a strong focus on safety and rescues. It is designed to give participants the skill to paddle safely with others of similar ability in class 1 water conditions. Successful participants will be awarded either Paddle Canada Introduction to Kayaking or Level I skill levels.

Successful participants for this award will be able to:

- ❑ Re-enter the boat unassisted;
- ❑ Consistently rescue self and others with confidence;
- ❑ Demonstrate the beginning of edging control to assist turning;
- ❑ Paddle and navigate in sheltered conditions;
- ❑ Identify level 1 areas and conditions on a nautical chart;
- ❑ Plan and execute a daylong sea kayaking trip in sheltered sea conditions;

COURSE OUTLINE

This is a general outline for the Level 1 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; participants are discouraged from planning anything else during this period. Participation in all sessions is required for certification.

Day 1 – Saturday (Gull Pond)

9:00 AM: Lectures on safety, navigation, weather

Noon: Working lunch with a lecture on Trip Planning

1:00 PM – 4:00 PM: – Stroke Clinic

Day 2 – Sunday (Conception Harbour)

9:00 AM – 4:00 PM: Day paddle where we practice navigation, towing, strokes and group management.

At lunch we will discuss equipment and kayak design.

Driving directions: If, for any reason, you can't make it or will be late for any portion of the course please text or call the instructor at 709 765-9113.

Gull Pond – St. John's (pond close to the Sunshine Rotary Park. Drive out Thorburn Road from St. John's. Just before the right turn to the Sunshine Rotary Camp is Bennett Road. Directly across from Sharp's Cash and Carry. Turn right on Bennett's road. We meet in the parking lot on the right side of the road approximately 150m from the turn onto Bennett Road. ***Please be careful on Bennett's road when walking with boats and equipment. People tend to speed after making the turn.***

Day Paddle -- Conception Harbour or alternate – Meet at the Irving Gas Station just outside St. John's on the Trans-Canada Highway. We will car pool from there.