



**PADDLE
CANADA**

**PAGAIE
CANADA**

LEVEL 3 SEA KAYAKING

Burgeo, June 11 - 15, 2022

About the Newfoundland Kayak Company's Level 3 Skill Program

Aim: Upon completion of the course, the participant will be able to confidently sea kayak in class-3 conditions along exposed coastlines with infrequent landing opportunities. The successful participant will be able to apply principles of effective leadership, risk assessment, decision making, judgment, group management, and kayak handling while traveling on a multi-day expedition and in rough water as part of a group of peers.

Prerequisites:

- Certification: Sea Kayak Level-2 Skills with 15 days logged camping experience in class-2 conditions in either a freshwater or tidal environment or, documented equivalent skill and knowledge at the discretion of the course director.
- Paddling experience: A log documenting extended trips of 2 or more days totalling 15 overnights. Ten of the paddling days should be in Level-2 conditions.
- Other training: Wilderness first aid (16 hours) with CPR is strongly recommended.
- VHF radio operator's licence is strongly recommended.

Conditions: Exposed water, with more committed crossings and any combination of the following: moderate to strong currents with turbulence (≥ 3 knots), moderate to strong wind effects (12–19 knots), ocean swells and a combined sea state near 1 meter with occasional rough sea state. Difficult but frequent landing opportunities, beaches with surf up to 1 metre. Delays in access to land-based assistance are expected.

Evaluation: Continuously throughout the program by observation of the participant's performance of each skill and overall development as a paddler. An open book written test is provided in advance and is to be completed prior to arrival.

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 – June 11th (Saturday)

10:00 AM - arrival at Aaron's Arm boat launch just outside Burgeo, packing of kayaks (you will take a portion of the group gear).

Afternoon – lecture on leadership, depart for Cornelius Island with on water leadership and navigation
Camp – Cornelius Island

Day 2 – June 12th (Sunday)

All day - on water leadership, navigation, towing and re-entry training
Camp - Cornelius Island

Day 3 – June 13th (Monday)

Morning – group decision making lecture followed by travel to the outer islands, on water leadership, navigation, towing and re-entry training

Afternoon - strokes, surf and current training
Camp – Norman's Head

Day 4 – June 14th (Tuesday)

Morning – strokes, surf and current training
Afternoon – strokes, surf and current training
Evening – Course Debrief
Camp -- Norman's Head

Day 5 – June 15th (Wednesday)

Morning – Strokes
Afternoon – Course end Aaron's Arm

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.

GENERAL OUTCOMES

For additional information on the outcomes of the course, please contact the Course Director.

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 appropriate assisted-rescue techniques in open sea conditions.

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 paddler to full function.

Navigation

The candidate will demonstrate the ability to plot (while on the water) and follow a dead reckoning course in low visibility and/or challenging conditions. The candidate will also keep track of position using checkpoints, handrails, backstops and transits while piloting during a multi-day sea kayak trip.

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

Participants will demonstrate a variety of manoeuvres in 3+ knots of current including entering and exiting, ferries, C turns and S turns.

Surf

Students will demonstrate confident control of the boat in surf nearing one meter including individual surf landing and launching skills as well as landing and launching a group in surf.

Leadership

The candidate will demonstrate an ability to provide leadership to a group of paddlers in a variety of situations including rescue scenarios and the daily routines of overnight group travel in challenging sea conditions. The candidate will choose the appropriate leadership style for the group and situation. The candidate will also be assessed on expedition behavior, competence, communication skills, tolerance for adversity and uncertainty, self-awareness, vision and action.

Judgment & Decision-Making

The candidate will demonstrate good hazard evaluation and risk management, choosing appropriate methods of decision making given the conditions and experience 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 and leadership. 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

Leadership Educator Notebook – John Gookin and Shari Leach, National Outdoor Leadership School

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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