



**PADDLE  
CANADA  
PAGAIE  
CANADA**



# Level 4 Sea Kayaking

## A five day advanced course

This 5-day program is the highest level of skill certification available in the Paddle Canada program. The course is run in a peer on peer environment where participants are expected to share their own knowledge and opinions about paddling in advanced conditions. It takes place in and around the community of Burgeo - one of the greatest paddling locations.

Participants work on maneuvering their kayaks in surf and current, navigating in challenging conditions, performing rescues in such conditions, perfecting their dynamic strokes, providing leadership and exhibiting expedition behavior on an exposed coastline trip.

## OUTLINE

### Day 1

Afternoon – arrive Burgeo and paddle to Norman’s Head.  
Lecture on leadership

### Day 2

Morning – foundation and dynamic strokes with video analysis  
Afternoon – paddling the tide race and surf training

### Day 3

Morning – paddling the tide race and surf training  
Afternoon – navigation and advanced rescue training

### Day 4

Morning – ferry to Grey River  
Afternoon – Paddle to Fox Island with on water navigation and leadership

### Day 5

All day – paddle to Burgeo with on water navigation and leadership

## Conditions

exposed coastline

wind greater than 20 knots

current greater than 3 knots

surf near 1 meter

moderate to rough sea state

## 2015 Dates

August 2-6, 2016

Location: Burgeo, NL

## Tuition

\$799 + \$100 if kayak rental required.

Includes meals, group equipment and certification

## Prerequisites

Level 3 Paddle Canada Certification

Considerable paddling experience in vigorous conditions and the ability to roll

Wilderness First Aid (40) hour

Restricted Radio Operators License (VHF Marine Radio) is strongly recommended



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## GENERAL OUTCOMES

### Maneuvering and control

Participants will demonstrate effective forward paddling, towing, maneuvering skills and good control when paddling in swell, broken water, surf, and around rocky shorelines with breaking waves

### Self-Rescues

Candidates will demonstrate a consistent roll in rough water in addition to 2 other self-rescues including the re-enter and roll.

### Assisted Rescues

Candidates will demonstrate at least 2 assisted-rescue techniques in open sea conditions.

### Towing

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

### Navigation

Participants will effectively navigate in low-visibility conditions such as fog and/or at night and quickly take accurate bearings in challenging conditions.

### Currents

Participants will effectively maneuver their kayaking in tidal currents > 3 knots. Students will demonstrate a variety of maneuvers including entering and exiting the current, ferries, C-turns and S-turns.

### Surf

Participants will demonstrate confident control of the boat in surf near 1 meter including effective surf landing and launching skills.

### Leadership

Participants will demonstrate strong leadership and expedition behavior in a variety of situations.

### Judgment & Decision-Making

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

