



## Level 1 Course:

Thanks for inquiring about our Level 1 Course. If you have any questions about the agenda that we have included in this package, please call and we will explain the details. The Theory sections will be done both in class room and while out in the field. There will be homework handed out on most evenings. The course has late session on the first three evenings. The course is five days, and offers a wealth of knowledge and teaches a broad skill base.

Cost of the Level 1 course is \$825.00 and \$775 if you pay in full one at least one month prior to your program date.

This includes an exam on the last day & a workbook plus a 188 page SKGABC Guide Manual. Meals & accommodation are your own responsibility. Please bring a lunch, water and hot tea each day. On days that we have classes after dinner, there will be a break where you can cook or go out for dinner. Unless otherwise stated, courses are held on Salt Spring Island.

The first day's session will start at 118 Natalie Lane (Time TBD see instructor emails), on Cusheon Lake. We will take a break for both lunch & dinner and then meet for the theory class session at 6:30 pm. The following day we will meet at Beddis Beach. The third day we will be paddling in Sansum Narrows, fourth day we will paddle out of Long Harbour to Prevost Island and the final day, the exam will take place in Ganges Harbour. We will be doing rescues and wet water exercises the first day, and going into the ocean on all other days, so please come prepared with wet/dry suits. We meet the first three nights for evening classroom sessions and the fourth night is left for studying. The days are very full so please come with energy and an enthusiasm for learning. There will be no time to do anything else in the evening, so please don't plan anything.

It is expected that you come with some essential equipment. If you do not have this equipment we can rent it to you for a reasonable price. Let us know early if you need a boat, or rescue gear so we can book it for you.

#### Items Needed:

- Kayak with front and stern bulkheads
- Two kayak paddles
- Float rescue pad
- Chart 3442 plus a Current & Tide Atlas
- Tow Line
- Stirrups
- Hand held Compass
- Wet Suit or Dry suit is ideal
- Change of clothing—dry clothing bag
- Paddling Clothes
- Pen/paper/clip board or equivalent
- Manual hand held pump
- \*\*\*Camping gear is considered safety gear for day guides on trips, in case of an emergency or unplanned overnight: this includes a stove, sleeping bags, tarp & string. You can bring your own but it is not necessary for you to bring all of these, as you can use your instructors if you need to in scenario.

Check with Island Escapades if you need some of this equipment.

If you need to rent a boat/paddle, pump, pad, spare paddle and tow line, wetsuit, the cost for the full course is \$125. During and prior to the course all registrants are eligible to purchase gear at our Island Escapades store and receive 15% off kayak gear, outdoor clothing/gear and fashion wear.

#### Optional but recommended if you already have:

- VHF Radio
- Flares

In order to take the exam with the Alliance, participants must be a member in good standing with the SKGABC; this means membership dues must be paid. All fees must be paid prior to the exam commencement.

Annual SKGABC Membership    \$75

Exam fee (Day Guides) included in course – both AOG & Level 1

Payment of these fees is online at  
<http://www.skgabc.com/membership.php>  
or to the Sea Kayak Guides Alliance of B.C.  
Box 1005 Station A, Nanaimo, B.C.  
V9R 5Z2

Level 1 Course Outline: These particular skills are taught including detection and correction & problem solving.

Forward	Paddle forward in a straight line for 100 meters. Paddle at various cadences.
Reverse	Paddle backward in a straight line for 50 meters.
Stopping	Stop within 5 strokes without turning the kayak.
Sweep	180-degree sweep with lower arm straight, emphasis on first and last stages of the stroke.
Pivot Turn	Combination of forward sweep and reverse sweep to turn the kayak 360 degrees on its axis point.
Low brace turn	Low brace turns in both directions. Turn must be at least 90 degrees. Elbows to be kept into side to reduce injuries.
Standard draw	move a stationary kayak sideways.
Sculling draw	move a stationary kayak sideways
Low brace	demonstrate a low brace, moving from a lean to an edge on both sides.
High brace	snap the kayak from the seam at or below water line to flat.
Edge/lean	Balance a kayak on both edges, using a J-lean, with the seam of the kayak immersed.
Hanging Draw	Demonstrate a hanging draw on both sides to move the kayak sideways sufficiently to avoid an obstacle, without turning the bow.
Rescues	Perform wet exit Perform TX rescue TX rescue with a stirrup TX rescue with two doubles, and single rescuing double Rafting techniques – aids for rescues Perform TX rescue in current Bow rescue Hand of God or scoop rescue Parallel rescue  Solo rescues with rescue pad and without pad Demonstrate hip flick from bow of another kayak Introduction to rolls

How to spill most of the water from a full kayak without bailer

Open Water boat switching single to double, double to single.

Towing Solo boat towing  
Tandem boat towing  
Towing a swimmer for a 50M distance  
Contact tows

Navigation Chart 1 review  
Chart symbol identification  
Chart colours, compass rose, lat. and long. positions,  
Chart measurements, symbols, dead reckoning, 60D= ST  
Reading tidal charts, primary & 2ndary ports, rule of 12<sup>ths</sup>  
Reading current tables, rule of thirds-50/90 rule  
Plotting a LOP, triangulation, ranges  
Why kayak navigation is different from sail/motor nav.

Route Plans Drawing up a route plans, filing with Coast Guard  
Evacuation plans  
Pre trip planning & float plans  
Incident response models

Environmental Awareness  
Minimum impact paddling/camping- concepts, strategies  
Human waste disposal- guidelines, strategies, concerns

Weather Assessment  
General understanding of weather – local and coastal patterns, ability to read weather patterns.  
Introduction to clouds and winds  
Cold and warm fronts

Judgment and Leadership skills  
Communication skills of a leader  
Ability to assert group control  
Ability to give instructional information  
Awareness of individual and group needs  
On-water leadership  
Risk management & assessment  
Following general safety and practice procedures  
Scenario-based situations, which will bring all the above skills into practice.

Marine Radio Usage – Scenario based

Wilderness First Aid – Scenario based, this is not a wilderness first aid course and will just review basics within our scenarios.

The Level 1 course covers a lot of information in a short period of time. It is highly recommended that you come into this course with adequate wilderness first aid training.

# Level 1 Upgrade to Assistant Overnight Guides Course

- This is an overnight program where food is co-operatively shared.
- Participants MUST HAVE PREVIOUSLY COMPLETED THE 4- OR 5-DAY LEVEL 1 GUIDES COURSE.
- The cost for this course is \$875/person+GST ; \$50 discount if you pay in full 30 days ahead.
- Food is cooperatively purchased by the group
- Transportation from Salt Spring to Clayquot Sound will be provided if necessary (included in program cost).

\*Minimum 4 persons for a program to operate\*

## **Educational Modules For AOG Upgrade from Level 1 Course**

The SKGABC course handbook will be mailed to you or given out on day 1

### 1 Paddling Techniques - flat water & current

- 1.1 Propulsion strokes (forward & reverse )
- 1.2 Maneuverability strokes
- 1.3 Support strokes
- 1.4 Rescue strokes
- 1.5 Strokes for tidal streams

### 2 Capsize & Recovery

- 2.1 Solo rescues (rolling, paddle float, re-entry & roll, no paddle float/cowboy )
- 2.2 Assisted rescues (T-Rescue, Eskimo, Hand of god, Scoop Rescue etc.)
- 2.3 Group rescues (Bulk head collapses/Cleopatra...)
- 2.4 Responsibilities of the Rescuer & Rescuer- Triage
- 2.5 The variables in a rescue – ABC's & assessment of Risk Management
- 2.6 How to determine what rescue to use?

### 3 Navigation (with navigation workbook)

- 3.1 Introduction
- 3.2 Chart 1 symbols and abbreviations
- 3.3 Dead Reckoning
- 3.4 Aids to navigation
- 3.5 Navigation by observation (sight right, conning),
- 3.6 T/M/V/D/C
- 3.7 Navigational theory - speed-time-distance (60DST) - Bearings - 2-

way and 3 way fixes - geographic ranges - man made and natural ranges  
- fix using LOPs and (soundings, bearings etc)

3.8 Navigational strategies for coastal expeditions - defining the navigational chessboard

3.9 Outfitting the kayak for navigation

3.10 GPS - pros / cons

#### 4 Surfing

4.1 Beach Morphology

4.2 Wave theory & terminology

4.3 Paddling dynamics

4.4 Landing strategies for sea kayaks

4.5 Launching strategies for Sea kayaks

4.6 Swimming with your kayak

4.7 Useful rules of thumb around the beach

4.8 Identification of wave types

4.9 Strategies for dealing with surf hazards, landings, & emergencies

#### 5 Coaching - learning how (focus on injury prevention)

5.1 Detection and Correction- easy steps for making adjustments

5.2 Useful acronyms in coaching

5.3 Common mistakes in strokes, leans, braces and rolls.

5.4 Common overuse injuries found in paddling

5.5 The bio mechanics of paddling

#### 6 VHF procedures

6.1 Review of radio alphabet and phonetics (numbers, speed, names, times)

6.2 Review of VHF procedures, communication with Coast Guard, other guides, ship to shore, calling all stations

6.3 Radio care and Maintenance

6.4 Government regulations

6.5 VHF channel standards

6.6 In field usage

#### 7 Incident Response - SAR, Flares etc

7.1 Search & Rescue search strategies

7.2 Flare classification system (A,B,C,D)

7.3 Helicopter rescue procedures for evacuation

7.4 Role of the auxiliary Coast Guard

7.5 Rescue equipment (drogues, radar reflectors, nighttime rescue, nighttime lighting)

#### 8. Towing strategies

8.1 Towing without tow line – contact tows

8.2 Towing in tandem & rafted tows

8.3 Towing swimmers (carries, stern carry, bow carry, modifications)



8. Inline tows, double in-line tows, rescues/tows near rocks)

9 On water organization

9.1 General strategies for leaders (novice - advanced paddlers)

9.2 Crossing currents

9.3 Rough weather organization

9.4 Role of leader during rescues

9.5 Communication strategies

9.6 During helicopter rescues

9.7 Crossing high traffic areas; Rules of the Road

10 Pre Trip Planning

10.1 Importance of the float plan --Creating a Float Plan

10.2 The route assessment

10.3 Food & nutrition requirements

10.4 Equipment considerations

10.5 Researching the area (emergency services, history, water, wildlife)

10.6 Assessing Risk

10.7 Food preparations & storage systems, composting,

10.8 Standards for a pre trip client orientation, fitness, medicals.

11 Weather interpretation & analysis

11.1 Local weather patterns, where to get information-what equipment is needed?

11.2 Cold fronts, warm fronts, cloud identification, atmospheric pressure-high & lows, how pressure is measured. Various types of fog and how it affects our route planning.

11.3 Winds -- Anabatic, Katabatic, Corner, Gap, Qualicum's ..., Wind association with high & low pressure systems and how to identify oncoming fronts, pre-warning signals.

11.4 Paddling strategies for winds-chart reference on assessing paddling speed in head & tail winds.

11.5 Weather processes - study of the interaction between wind, wave/swell & surf

11.5 Weather interpretations using VHF radios, weather maps, written process for logs

12. Boat Repair, Maintenance & repair kits

12.1 fiberglass repairs in the field, modifications, necessary equipment

12.2 the repair kit

12.3 cable repair/ rescue kits, tapes, glues and other epoxy resins

13. Ropes & rope work

13.1 Knots for camping

13.2 Knots for use with kayaks

13.3 Knots for tarps

## 14 Tides & Currents

- 14.1 Tide & current theory (sun, moon and earth)
- 14.2 Understanding Primary and Secondary tide stations
- 14.3 Understanding Primary and Secondary current stations
- 14.4 Rule of twelfths
- 14.5 Rule of 3rds (50/90 rule)
- 14.6 The interaction of tide and current
- 14.7 Rip tides, overfalls, and other phenomena terms and definitions
- 14.8 Navigational theory for crossing currents
- 14.9 Using the Current & Tide tables –daily logging

## 16 Survival Skills and Land Management

- 16.1 Making camp fires – camp fire etiquette
- 16.2 Leave no trace philosophy
- 16.3 Choosing a campsite and creating a safe site for groups
- 16.4 Drinking water – filters, water purification.

## 17 Natural History & Interpretation

- 17.1 Intertidal life – Identification and Interpretation
- 17.2 Ungulates
- 17.3 Ethnobotany
- 17.4 Marine mammals
- 17.5 Educating clients about environmental ethics

## 18 Night Paddling

- 18.1 Introduction to night navigation
- 18.2 Group dynamics –safety procedures
- 18.3 Government regulations / Coast Guard Regulations

## 19 Evacuations - when and why

- 19.1 deciding factors
- 19.2 co-ordinating the evacuation
- 19.3 Preparing to evacuate
- 19.4 Post-evacuation procedures

## 20 Styles of Leaderships

- 20.1 Defining your style
- 20.2 Models of leadership & when to use them
- 20.3 Identifying your style

## 21 Risk Management

- 21.1 Objective and Subjective Risks
- 21.2 Scenario Based Critical Planning
- 21.3 Analysis of Options –justification of decision
- 21.4 Route plans for group abilities
- 21.5 Risk management off the water and in the campsite/on the road

## 22 Coast Guard Regulations

### Items Needed for this Course:

Kayak with two bulkheads- (Course rentals of boat & safety gear is very reasonable)  
Two Kayak paddles,  
Float Rescue Pad, Spare Paddle  
Tow Line –min.15 meters of buoyant line  
Stirrup  
Hand held Compass  
Wet Suit/dry suit  
Change of clothing—dry clothing bag – Clothing list will be provided upon registration  
Camping gear and clothing including tarp.  
Pen/paper/clip board, small ruler  
Manual hand held pump  
Tide/Current Atlas, charts for Clayoquot Sound #'s will be handed out.  
Helmet  
Check with Island Escapades if you need some of this equipment.

### Highly recommended:

VHF Radio  
Chart -Necessary  
Tide and Current Tables West Coast Vancouver Island South  
(Chart #'s and other possible Tidal books will be handed out to your several weeks prior to course start date)  
Compass and ruler  
Flares a combination of A B C or D flares --  
Good wet or Dry suit (We recommend if possible a dry suit)

If you need a Kayak rental for the course, we charge \$125.00 + tax for the entire program. This is a roto-mold boat with pump, spare paddle and float pad - all the trimmings including a wetsuit if you need it.. We spend 5 days camping in Level 3 waters, on the West Coast north and South of Jordan River or in Clayoquot Sound. Vehicle transportation with gear is provided if requested and confirmed. You will be getting wet every day, and spending evenings doing classroom sessions in an outdoor classroom. Be prepared to get wet and keep yourself warm. We will be spending one day surfing, so helmets are required. After that we will head north to work on weather, swells, and group management in rougher class 3 conditions. The last day of the course is a practical and written exam.