

COASTAL CURRENT ADVENTURES

1 250 537-2571
118 NATALIE LANE
SALT SPRING ISLAND, B.C.
V8K-2C6

S.K.G.A.B.C. GUIDES CERTIFICATION COURSES 2021

**Level 1: April 28 – May 2
June 2 - 6**

Level 1 Upgrade to AOG:.....May 4 – 8

Full AOG:.....May 10 – 18

This year, registration in all courses will include access to our Online Campus. Once paid in full, students may begin to use this Online Campus, which takes the place of having long evening sessions and about 9 hours of classroom time during each of the guides courses.

We have created this Online Campus primarily to reduce close interactions between students and instructors and thereby minimize the risk of Covid-19. We have also determined the inherent benefits of offering this medium; it allows for individuals to learn theory before the courses begin and to do so at their own pace. Students can then concentrate on the practical skills during the courses and not be overwhelmed by additional hours of classroom instruction in the evenings. The Online Campus includes interactive videos plus practice quizzes and exam.

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***Note: All registrants must pay for their SKGABC membership prior to the course. This can be done online at www.skgabc.com
If students are not registered as a member, we are unable to have them take the exams.*

Level 1 Course:

The theory sections will be taught through our Online Campus prior to arriving for the course. There may be homework handed out for the evenings depending on how the instructors feel the learning has gone utilizing the Online Campus. The course is five days long, offers a wealth of knowledge and teaches a broad skill base. Please plan to keep your evenings relatively free as you will no doubt be tired and may need to review sections of the Online Campus.

Cost of the Level 1 course is \$875 + GST or \$815 + GST if paid in full at least one month prior to the program start date.
Included is an SKGABC Guides Manual.

Meals & accommodation are your own responsibility. Please bring a lunch, snacks, water and hot tea each day. Unless otherwise stated, courses are held on Salt Spring Island. You will stay dry most mornings and do water submersions in the afternoons.

The session on the first day, will be taught on Cusheon Lake at 118 Natalie Lane with an 8 am start time. We will take a break for lunch and continue on with a focus on rescues in the afternoon.

At the end of each day, we will go over where to meet for the following day's session, but most likely this will be the itinerary:

Day 2---Beddis Beach out to the Mid Channel Islands area.

Day 3—Burgoyne Bay with paddling in Sansum Narrows

Day 4---Long Harbour and paddling to Prevost Island

Day 5---Ganges Harbour

We will be focusing on strokes and rescues the first day on Cusheon Lake. All of the other days will be on the ocean. Please come prepared with wet/drysuits each day and warm clothes to change into at the end of the day.

We recommend that you devote some time each night to reviewing theory so that you do not have to overload yourself the last night in preparation for the exam. If you have been attentive during the days of instruction and done the Online Campus work, including quizzes and the practice exam, you should do fine on the final written exam.

The days are very full so please come with energy and enthusiasm for learning.

It is expected that you come with some **essential equipment** required for the course. If you do not have all of these items, plan to purchase or borrow them. Please make arrangements well ahead of time should you be requiring the rentals we have available: wetsuits, the cost of which includes booties but not gloves & kayaks which includes paddles, PFD, rescue pad, tow line and stirrup.

Our rental offerings include:

- * Kayak and Wetsuit \$125 +GST.
- Wetsuit only rental \$75 + GST
- Kayak & Safety Gear \$100 + GST

Items Needed:

- Kayak with front and stern bulkheads
- Two kayak paddles
- Float rescue pad
- Chart 3442
- Tow Line
- Stirrup
- Handheld Compass
- Wetsuit or Drysuit
- Paddling clothes for when you are not wearing a wet or drysuit.
- Drybag with a change of warm dry clothing
- Handheld pump
- Waterproof Notebook or “Rite in the Rain” Journal
- Tide and Current Tables for West Coast Vancouver Island South, photocopied from the government website: charts.gc.ca
The Tide Table booklets are no longer being printed and sold; Please print out all Tides and Currents for the time we are out including Secondary Tide and Secondary Current Calculation tables at the back of the Tide and Current Table including Reference Ports, Table 2, Tide heights, Extremes and Mean water level. You will need Fulford Harbour and Point Atkinson tides and Porlier Pass and Active Pass current stations.
- ***Camping gear is considered safety gear for day guides on trips, in case of an emergency or unplanned overnight. This includes a stove, sleeping bag, tarp & string. **It is not necessary to bring this** daily as your instructors will carry them and if, during scenario, you need anything, it can be borrowed.

Optional but recommended if you already have them:

- VHF Radio; we listen to the radio every day so having a radio will help you get better at writing the marine weather and understanding the forecasts.
- Flares

In order to take the exam at the end of this course, participants must be a member in good standing with the SKGABC; this means membership dues must be paid.

Annual SKGABC Membership \$60; after July 1/ 2021- \$70
Payment for the membership fee is to be done online at www.skgabc.com

Exam fee (Level 1, AOG Upgrade and Full AOG) included in the price of the course.

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 3 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 Parallel Pump out 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
Re-entry of kayak using heel hook, stirrup, corkscrew method and HI rescue will all be taught and used in various rescues.

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- three different methods

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^{ths}
 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 Mayday, Pan-Pan and Securite

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 course.
- Participants **MUST HAVE PREVIOUSLY COMPLETED THE 5-DAY LEVEL 1 GUIDES COURSE.**
- The cost is \$875+GST; \$60 discount if you pay in full 30 days ahead.
- During Covid, participants must pack & prepare all of their own meals.
- Transportation from Salt Spring to Clayoquot Sound or Juan de Fuca is not guaranteed. We have room for a couple of extra people in our vehicle so please inquire.
- During Covid, the course will be done in the Juan de Fuca Strait while the camp areas are closed around Clayoquot. Information will be shared as to the designated meeting place.

- Skills from the Level 1 course may also be reviewed but the expectation is that you have already learned them and completed the online campus.
- Covid-safe rescue methodology and camping adjustments will be reviewed.

Please bring your SKGABC Manual; if you don't have one let us know as there is a fee for these manuals.

(*Minimum 4 persons for a program to operate*)

Gear List for AOG Upgrade

- *Kayak with two bulkheads
 - *Two kayak paddles,
 - *Float Rescue Pad
 - *Tow Line –minimum 15 meters of buoyant line
 - *Stirrup
 - *Handheld Sighting Compass
 - *Wetsuit or Drysuit
 - *Drybag with change of clothing
 - *Camping gear including a tarp and string
 - *Waterproof Notebook or “Rite in the Rain” Journal
 - *Pen/paper and a small ruler
 - *Helmet
 - *Handheld pump
 - *Charts for Clayoquot Sound #'s 3673 or for courses in Juan de Fuca, Chart # 3606. You must also have a waterproof chart case.
 - * Tide and Current Tables for West Coast Vancouver Island South photocopied from government website: charts.gc.ca
 - **Please print out all Tides and Currents for the time we are out including Secondary Tide and Secondary Current Calculation tables at the back of the Tide and Current Table including Reference Ports, Table 2, Tidal Heights, Extremes, and Mean Water Level. Pls. print Secondary Ports, Table 3, and Secondary Current Stations, Table 4.
- (A list of what tidal and current stations to photocopy will be forwarded one week prior to the course)

****Check with Coastal Current should you require a kayak/wetsuit rental.**

Educational Modules For AOG Upgrade and Full AOG

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)
- 2.3 Group rescues (Bulk head collapses/Cleopatra...)
- 2.4 Responsibilities of the Rescuer & Rescued - 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, using natural ranges and aides to navigation)
- 3.6 T/M/V/D/LOP True, Magnetic, Variation, Deviation, Declination and Line of Position.
- 3.7 Navigational theory - speed-time-distance (60DST) - Bearings - 2-way and 3 way fixes - geographic ranges - man made and natural ranges - fix using two or three 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 other aps like Navionics

4.0 Surfing: Safe launch and landing techniques

- 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

7.0 Incident Response - SAR, Flares Coast Guard and Transit authority

- 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, night time rescue, night time lighting)

8. Towing strategies

- 8.1 Towing without towline – 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, V-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; creating a Route Plan
- 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, weather Aps.

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 campfires – campfire 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 Coordinating 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 in various situations

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

The Full AOG May 10th – 18th \$1495.00 + GST; \$60 discount if paid 30 days ahead. Includes an SKGABC Guides Manual.

This course covers all the material taught in the Level 1 and AOG Upgrade and from the Online Campus.

SKGABC membership must be paid by participants prior to the course start date.

Items Needed for AOG

- *Kayak with two bulkheads
- *Two kayak paddles,
- *Float Rescue Pad
- *Tow Line –minimum 15 meters of buoyant line
- *Stirrup
- *Handheld Compass
- *Wetsuit or Drysuit
- *Drybag with change of clothing
- *Camping gear including a tarp and string
- *Waterproof Notebook or “Rite in the Rain” Journal
- *Pen/paper and small ruler
- *Handheld pump
- *Charts for Clayoquot Sound #'s 3673 or for courses in Juan de Fuca, Chart # 3606. You must also have a waterproof chart case.
- * Tide and Current Tables West Coast Vancouver Island South photocopied from government website: charts.gc.ca
(Please print out all Tides and Currents for the time we are out including Secondary Tide and Secondary Current Calculation tables and the back of the Tide and Current Table including Reference Ports Table 2 Tide heights, Extremes and Mean water level.
- *Helmet

Check with Coastal Current if you need to rent a kayak and/or wetsuit. **Rental cost for 9 days:

Kayak (paddles & safety gear) and wetsuit \$185 + GST

Kayak (paddles & safety gear) \$125.00 + GST

Wetsuit (& booties) \$85 + GST

Highly recommended but not necessary:

VHF Radio

Flares-- a combination of A B C or D flares – 3 total 2 of one kinds and one of another

Logistics:

*We start the first day on Salt Spring Island with a stroke and rescue clinic on Cusheon Lake; please arrive by 8 am at 118 Natalie Lane. Midway through the afternoon, we will load up the trailer and vehicle and head out to Hudson Point where we launch on the ocean for some paddling instruction, then over to Wallace Island for our first camp night.

*The following 4 nights, we will be camping in the Northern Gulf Islands.

*CCA pays for your camping sites.

*Vehicle transportation for passengers, boats and gear is provided, if requested, for the first part of this course that is located in the Gulf Islands.

*When we head off of Salt Spring to our Class 3 Waters destination (Juan de Fuca in 2021), we cannot transport everyone's boats and gear. We will also likely have room for only a couple of extra passengers in our vehicle. Please inquire to see what is available.

*In Juan de Fuca we will have a base camp either at French Beach or Port Renfrew depending on Covid openings.

*You will be getting wet every day and spending evenings doing some "classroom" sessions in the outdoors. Be prepared for this scenario and bring clothing that will keep you warm and dry in case of rain.

*We will be spending one day paddling in surf so **helmets** are required. After that we will be working on weather, swells, and group management in rougher class 3 conditions.

The last day of the course is a practical and written exam. **Please ensure you do all the Online Campus work before the practical course.**