

***Note: All candidates 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:

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 in the online campus prior to arriving; practical skill acquisition happens from 8:30 to 5:00 ish daily. There may be homework handed out in the evening depending on how the instructor feels the learning has gone and how well students have grasped the teaching from the online campus. The course is five days, and offers a wealth of knowledge and teaches a broad skill base. Please don't plan anything in the evening as you will be tired and may need to review areas within the online campus.

Cost of the Level 1 course is \$895.00 and \$835 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 the SKGABC Guides Manual. Meals & accommodation are your own responsibility. Please bring a lunch, water and hot tea each day. Good to have snacks easily available so you have plenty of energy. Unless otherwise stated, courses are held on Salt Spring Island. You will stay dry most morning and do water submersion in the afternoons.

The first day's session will start at 118 Natalie Lane (8:30 start time, please arrive early to get gear organized), on Cusheon Lake. We will take a break for lunch around 12:30 daily in the field so bring a substantial packed lunch and lots of water everyday. Day two 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 where there is more boat and plane traffic. 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 recommend you do little bits of review online each night so you don't have to overload yourself the last night. If you have been listening in class and done the online campus work and taken the module quiz and practice exam, you should do fine on the written. 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 social events after class.

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, wetsuit and 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 – **Will now Be Provided**
- Tow Line
- Stirrups
- Hand held Compass – sighting compass with mirror is best
- Wet Suit or Dry suit is ideal
- Change of clothing—dry clothing bag
- Paddling Clothes
- Manual hand held pump
- Pen/paper/**dry erase booklet** or equivalent (write in the rain booklets that work when wet are best)

- *****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. 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.**

- If you need to rent a boat/paddle, pump, pad, spare paddle and tow line, wetsuit, the cost for the full course is \$145 + GST.
- Wetsuit only rental \$75 Boat and safety gear only \$100

Optional but recommended if you already have:

- VHF Radio We listen to the radio everyday so having a radio will help you get better and writing weather and understanding the forecasts.
- Flares (Instructors will carry full set of 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 \$60 raises to \$70 on Jan. 1st 2022
Exam fee (Level 1, AOG upgrade and AOG) are included in course.

Payment for membership fees to the SKGABC are done online at www.skgabc.com and are not included

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 or make quick turns.
Rescues	<p>Perform wet exits</p> <p>Perform TX rescue</p> <p>TX rescue with a stirrup</p> <p>Parallel Pump out rescue with two doubles, and single rescuing double</p> <p>Rafting techniques – aids for rescues</p> <p>Perform TX rescue in current</p> <p>Bow rescue</p> <p>Hand of God or Scoop rescue</p> <p>Parallel rescue</p> <p>Re-entry of kayak using heel hook, stirrup, corkscrew method and HI rescue will all be taught and used in various rescues.</p> <p>Solo rescues with rescue pad and without pad</p> <p>Demonstrate hip flick from bow of another kayak</p> <p>Introduction to rolls</p> <p>How to spill most of the water from a full kayak without pump</p>
Open Water boat switching	single to double, double to single.
Towing	<p>Solo boat towing</p> <p>Tandem boat towing</p> <p>Towing a swimmer for a 50M distance</p> <p>Contact tows- three different methods</p>
Navigation	<p>Chart 1 review</p> <p>Chart symbol identification</p> <p>Chart colours, compass rose, lat. and long. positions,</p> <p>Chart measurements, symbols, dead reckoning, 60D= ST</p> <p>Reading tidal charts, primary & secondary ports, rule of 12^{ths}</p> <p>Reading current tables, rule of thirds-50/90 rule</p> <p>Plotting a LOP, triangulation, ranges</p> <p>Why kayak navigation is different from sail/motor nav.</p>
Route Plans	<p>Drawing up a route plans, who to file with.</p> <p>Evacuation plans</p> <p>Pre trip planning & float plans</p> <p>Incident response models</p>

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/ High and Low Pressure systems

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. This can however be done after you get the certification.

Level 1 Upgrade to Assistant Overnight Guides Course

- This is an overnight program where food is now done independently.
- Participants MUST HAVE PREVIOUSLY COMPLETED THE 5-DAY LEVEL 1 GUIDES COURSE.
- The cost for this course is \$895/person+GST ; \$60 discount if you pay in full 30 days ahead.
- Each student brings and prepares their own food. Students can co-operatively bring food with other students they know in the program.
- Transportation from Salt Spring to Clayquot Sound or Juan de Fuca will be provided if necessary (included in program cost). We only have room for about 5 individuals and those driving will meet in a designated area. During Covid this course will be done in the Juan de Fuca Strait unless otherwise specified.
- All skills from level 1 course may also be reviewed but the expectation is that you have already learned these skills.
- Covid Safe rescue methodology and camping adjustments will be reviewed. All clients are making their own food during covid.

Minimum 4 persons for a program to operate

Educational Modules For AOG Upgrade from Level 1 Course and Full AOG

The SKGABC course handbook will be mailed to you or given out on day 1. Full AOG will cover outline for both Level 1 course and the below Education modules.

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 sight, 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 tow line – contact tows

8.2 Towing in tandem & rafted tows

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

8.4 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 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 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 TBA (Course Full) \$1550.00 discounted \$60 if paid 30 days in advance cover all material in Level 1 and AOG upgrade. A Guides Manual will be included in this Course; SKGABC membership must be paid by participants prior to the course starting.

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 with mirror and sighting capabilities

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/**write in the rain booklet**, small ruler

Manual hand held pump

Tide/Current Atlas, charts for Clayoquot Sound #'s 3673 and for courses in Juan de Fuca Chart # 3606 **Will be Provided**

Helmet

Check with Coastal Current if you need some of this equipment.

Rental cost: for 9 days includes boat all safety gear and wetsuit \$200

Boat Only \$145.00 will complete gear, Wetsuit only \$95

Highly recommended:

VHF Radio

Chart –Will be provided

All Tides and Currents for 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 **will be provided**.

Please bring a Compass and ruler as previously stated

Flares a combination of A B C or D flares – 3 total 2 of one kinds and one of another. (Guides will bring – not necessary for participants to purchase for class)

Good wet or Dry suit (We recommend if possible a dry suit)

Logistics:

If you need a Kayak rental for the course, we charge \$200.00 + GST for the entire program. This is a roto-mold or glass boat with pump, spare paddle and float pad - all the trimmings including a wetsuit if you need it. We spend 4-5 days camping in Level 3 waters, on the West Coast north and South of Jordan River or in Clayoquot Sound. During Covid we are using the Juan de Fuca when and if Flores and Vargas are closed.

We start off on Salt Spring spending the first night at Ruckle Park and then 4-5 nights camping in the Northern Gulf Islands. CCA pays for your camping sites. Vehicle transportation with gear is provided if requested and confirmed, otherwise this is up to the student to move themselves and gear when we head to class 3 waters. You will be getting wet every day, and spending evenings doing some classroom sessions in an outdoors.

Be prepared to get wet and keep yourself warm. We will be spending one day surfing, **helmets** are required. After that we will head north to work on weather, swells, and group management in rougher class 3 conditions. In the Juan de Fuca we will have a base camp either at French Beach or Muir Creek. 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.