

# COASTAL CURRENT ADVENTURES

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

All courses will have access to our On-Line Campus; once paid in full students can start to work on the online learning. The online campus was created to take the place of the evening session in the classroom after a long day of practical skill acquisition. Students can familiarize themselves with the written theory prior to arrival into the program and can concentrate on the practical skills during the five days. The online campus has interactive video learning plus practice quiz and exams.

### [Guide Training Dates](#)

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*\*\*Note: Candidates must pay for their SKGABC membership prior to the course. This can be done online at [www.skgabc.com](http://www.skgabc.com)*

*If students are not registered as a member, we are unable to have them take the exams to acquire the SKGABC certification.*

## 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 5:30 daily. There may be some 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.

This course includes an exam on the last day plus the SKGABC Guides Manual. Meals & accommodation are your own responsibility. Please bring lunch, water and hot tea each day. Good to have snacks easily available so you have plenty of energy. You will stay dry most mornings and do water submersion in the afternoons.

\*Schedule is subject to change due to weather

**Day 1** - meet at 118 Natalie Lane (8:30am 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 every day.

**Day 2** - Meet at Beddis Beach.

**Day 3** – Meet at Xwaaqw'um (Burgoyne Bay) We will be paddling in Sansom Narrows

**Day 4** – Meet at Ontario place boat launch (off Quebec drive), we will paddle out of Long Harbour to Prevost Island

**Day 5** – Meet at 118 Natalie Lane to take the exam. The practical exam will take place in Ganges or Beddis Beach again.

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 on the final day. 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.

It is expected that you will 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 be provided**
- Tow Line
- Stirrup
- Handheld Compass – sighting compass with mirror is best
- Wetsuit or Drysuit is ideal
- Change of clothing—dry clothing bag
- Paddling Clothes
- Manual handheld 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 the scenario you need anything, it can be borrowed.

Optional but recommended if you already have:

- VHF Radio. We listen to the radio every day so having a radio will help you get better and write weather and understand 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 [Join SKGABC](#)

Payment for membership fees to the SKGABC are done online at [www.skgabc.com](http://www.skgabc.com) and are not included

\*Maximum 10 persons in this program\*

**Level 1 Course Outline:** These 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 the water line to flat
Edge/lean	Balance a kayak on both edges, using a J-lean, with the seam of the kayak immerse
Hanging Draw	Demonstrate a hanging draw on both sides to move the kayak sideways sufficiently to avoid an obstacle or make quick turns
Rescues	Perform wet exits 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 pump
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 & secondary 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 plan, who to file with
  - 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/ 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

## Upgrade to Assistant Overnight Guides Course

- Participants MUST HAVE PREVIOUSLY COMPLETED THE 5-DAY LEVEL 1 GUIDES COURSE
- **First day** each student is responsible for their own lunch
- Each student brings and prepares specific meals for the group. The instructor will assign meals prior to the course. In a full program this ends up being two meals/person for the group. You are responsible for bringing your own snacks
- Transportation from Salt Spring to Clayoquot Sound is your responsibility. We only have room for a few individuals so reach out right away if you need a lift. Those driving will meet in a designated area at the Kayak launch by the government dock on 1<sup>st</sup> Street or the night prior at a group campsite
- Tide/Current info will be provided for you
- Charts for Clayoquot Sound #3673 and chart bag will be needed
- We will be spending one day surfing, **helmets** are required. Skate helmets are fine - if you do not have a surf specific brain bucket
- Please bring a Compass and small ruler

**Logistics:** We meet at 9:00 am at the Kayak Launch beside the government dock on 1<sup>st</sup> Street in Tofino. Parking is your responsibility. If you are interested in carpooling with CCA from Salt Spring, contact us well ahead as we have limited space.

\*Maximum 8 persons in this program\*

## **Educational Modules for AOG Guides Course**

The SKGABC course handbook will be 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 (Bulkhead collapses/Cleopatra...)
- 2.4 Responsibilities of the Rescuer & Rescue - 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 aids 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 Apps 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 biomechanics 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, 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, 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