



Coastal Current Adventures

## **Assistant Overnight Guide Course Information Package**

Clayoquot Sound | Ucluelet | Tofino

13 Pages

### **Course Description**

This 9 Day program is designed for dedicated individuals who are looking to launch themselves right into assisting on multi day kayak expeditions or recreational paddlers who are looking to improve skills and knowledge. Successful candidates will be awarded an Assistant Overnight Guide Certification with the SKGABC (Sea Kayak Guide Alliance of BC)

This certification allows guides to Assist (with an L2 or L3 Guide) on multi day expeditions in Class 1, 2 and 3 Waters. AOG Guides can also lead day tours in Class 1 and Class 2 when in direct communication with the on site manager



### **Level 1 Waters**

Gentle tours in non-challenging waters with limited wind effect, little or no current, easy landings and ready access to land based assistance

### **Level 2 Waters**

Tours in lightly populated areas with short crossings, moderate potential wind effects, gentle to moderate non turbulent currents, easy to moderate landings and light surf beaches

### **Level 3 Waters**

Exposed water; sparsely populated areas with more committed crossings, moderate to strong currents with turbulence, moderate to strong wind effects, ocean swells, difficult landings, surf beaches

During this course we will spend the first 4 days base camping at Surf Junction Campground and launching out of different locations daily.

The remaining 5 days of the course will be spent out on expedition as we camp and learn throughout Clayoquot Sound in Tla'ó'qui-aht and Ahousaht Territories.

This Course can be challenging and it is important to make sure you are prepared prior to arrival. Please read this information package thoroughly, so you know what you expect and how to best prepare.

This Course will start at 08:30am and finish around 2100 (9:00pm) daily. Days are action packed and full of information & concepts that you will need to learn. Please make sure you don't make other commitments outside of the course as you will be busy, tired and fired up on the awesome things we will experience!

Online Campus allows you to learn theoretical concepts at your own pace and prior to the course so that you are prepared to dive deeper and witness/execute the theories in real time.

Participants who are seeking Certification through this course must take the practical and written assessments and receive 75% or greater on both to pass.

## Who should take this course

- People wanting professional guide certification with SKGABC
- People who want to work guiding multi day expeditions
- People who like to kayak but would like to build more skills and knowledge to safely navigate West Coast weather & waters
- Recreational paddlers who want to build confidence to safely take friends and family on expeditions
- People who are seeking more knowledge about weather, tides & currents, leadership, sea kayak strokes & rescue systems

## How to prepare for this course

1. Read through this info package thoroughly
2. CCA Waiver - Review, Complete, Submit (via email 2 weeks prior to course)
3. CCA Medical Form - Review, Complete, Submit (via email 2 weeks prior to course)
4. Online Learning component - Dedicate 20-40 hours to this online module to acquire baseline understanding of concepts. Time spent on the online learning will vary due to prior knowledge and experience
5. Get out on the water in a sea kayak if possible
6. Prepare your interpretive assignment species presentation
7. Review packing list and make sure you have all necessary gear organized

## Interpretive Presentation

You will be responsible for creating a 5-15 minute presentation on 1 Marine Mammal and 1 invertebrate fish, plant or algae that lives along our amazing coastline.

Please pick 2 species and get creative! You do not have to choose from this list as there are many more to choose from

- |                                  |                   |                        |
|----------------------------------|-------------------|------------------------|
| → Steller Sea Lion               | → Basking Shark   | → Jellyfish            |
| → California Sea Lion            | → Dogfish         | → Crab                 |
| → Orca                           | → Salmon          | → Octopus              |
| → Sea Otter                      | → Ling cod        | → Squid                |
| → Dall's Porpoise                | → Rock cod        | → Chiton               |
| → Harbour Porpoise               | → Sea star        | → Anemone              |
| → Pacific White sided<br>Dolphin | → Sea cucumber    | → Oyster               |
| → Grey Whale                     | → Shrimp          | → Limpit               |
| → Humpback Whale                 | → Geoduck clam    | → Eel Grass            |
| → Minke Whale                    | → Nudibranch      | → Surf Grass           |
| → Harbour Seal                   | → Shrimp Barnacle | → Bull Kelp            |
|                                  | → Sea Urchin      | → Giant Perennial Kelp |

## Respect Expectations Safety Transparency

### **Respect**

Admiration felt or shown for someone or something - show respect to all peoples and places while we learn together what it means to move through our environment in a good way. Listen, be kind, understanding, helpful and show up with an open heart and mind! We will not tolerate disrespectful behaviour! 3 strikes & you're out

### **Expectations**

AOG Guides are expected to show competency in various skills and concepts throughout this program. You will be expected and encouraged to take on leadership roles on and off of the water. Listed below are the order of operations to follow when you are dealing with situations as a responsible leader.

- A. Safety to yourself - Take care of personal comfort, stay hydrated, well fed, organized, stay alert and aware of any hazards
- B. Safety to the Group - Make sure the group is comfortable, hydrated, well fed, organized and knows what they need to do. Be assertive in situations that call for it but also kind, understanding and patient at the same time.
- C. Safety to the Victim(s) (People who might need your help) - Stay calm, open up your toolbox and get to work! Keep in mind that you still have your group and yourself to take care of as well. Don't get tunnel visioned, stay focused and aware

### **Safety**

Our Guides take risk management seriously so that we make safe decisions throughout our courses. We often try to push candidates to the edge of their comfort zones during leadership scenarios but there is always a safety veto if anyone is not feeling safe and course leaders will take over. Our team at Coastal Current Adventures will provide a safe space for you to learn as much as possible while being patient and understanding of boundaries.

### **Transparency**

Our team will be transparent with you about expectations and safety protocols so that you can make the most of your learning experience with us  
In turn we need all our candidates to be transparent with our instructors so that we can make safe decisions and follow protocols for certain situations that may arise during our programs



## Course Content - Note

Throughout this program we will show you many skills, concepts and techniques that are not required for your assessment but will be valuable tools to have in your toolbox. Some of these skills are not listed below only because they are not required for AOG Evaluations.

### Expectations for Evaluation

All successful candidates will clearly demonstrate effective communication, leadership and judgment throughout all aspects of the examination and specifically during situations requiring instruction, scenarios, and other situations involving risk management.

Candidates should take the scenarios seriously; they are evaluated on how thoroughly they follow through in these scenarios and look after all group members.

Assistant Overnight Guides are expected to perform all skills with a high degree of proficiency, while leading in Class 1 waters and assisting in Class 2 and/or 3 waters and demonstrating personal comfort suitable for Class 3 waters.

### **Paddling Skills**

Candidates will demonstrate a range of paddling skills such that they are able to maintain efficient control of the angle, motion, and tilt of their kayak. Strokes must be demonstrated on both sides. Strokes will be initially assessed in controlled conditions then throughout the practical evaluation in varied water conditions.

- ❖ Basic strokes (forward, reverse, stopping, forward and reverse sweeps with and without edging, underwater recovery draw, low brace, low brace turn)
- ❖ Advanced Strokes (high brace, lean turns, sculling draw)
- ❖ Demonstrate safe and effective control in moving water (eddy turns, ferry glides)
- ❖ Demonstrate controlled surf landings and launchings

### **Rescue Techniques**

- Candidates will demonstrate one self-rescue technique.
- Candidates will demonstrate three assisted-rescue techniques.
- Candidates will demonstrate one towing or travel-assist technique appropriate to different distances, sea conditions, and situations.

Any or all of the above may be assessed in controlled conditions or at any time during the practical evaluation in varied water conditions and during leadership scenarios.

- ★ Dry and accessible storage of safety equipment throughout the practical evaluation.

### **Self-Rescue**

- Candidates will perform the following:
- Self rescue with paddle float to the point of securing the skirt and beginning to pump out water within 2 minutes; use of stirrup optional





## Leadership and Judgment

- Demonstrate strong leadership skills in a variety of situations including rescue scenarios and during the daily routines of paddling and or overnight group travel
- Demonstrate good judgment and preventative risk management for group safety both on and off the water
- Combine a variety of problem solving, rescue, and group management techniques to successfully resolve staged scenarios

Specifically, candidates will perform the following:

- Communicate effectively to individuals and group
- Detect and correct errors in client's forward stroke to prevent injury and improve efficiency
- Assert effective group control on land and water
- Awareness of individual and group needs
- Leadership through clear communication and decision-making
- Ongoing risk management and assessment
- Follows general safety practices and procedures for landing, launching, and on-water travel
- Follows general safety practices and procedures for on-land group management (site orientation, setting parameters, securing camp)
- Problem-solving for minor issues (equipment and clients)
- Scenario management and resolution (including potential capsizes, illness and injury, missing client, equipment loss or damage)



## Trip Preparation

Candidates will demonstrate an understanding of the stages and importance of trip preparation.

- Equipment check

## Environmental Impact Awareness

Candidates will perform the following:

- ❖ Demonstrate an awareness of and explain the positive and negative impacts of commercial sea kayaking in coastal BC communities and environments
- ❖ Demonstrate an awareness of and explain the potential negative impact by sea kayakers on coastal and marine ecosystems

Specifically, candidates will describe or demonstrate the following:

- ❖ Guidelines and strategies for minimizing group impact while travelling on the water (marine life) and in camp (erosion, waste, vegetation, fresh water, visual, fire, wildlife)
- ❖ Proper human waste disposal (guidelines, strategies, concerns)
- ❖ Proper food storage and kitchen etiquette (scavengers and large carnivores)
- ❖ Harvesting considerations (regulations, client safety, and species/ecosystem impacts)

## **Course Logistics**

**Travel** - Coastal Current Adventures does not provide transportation for this program. If you are coming from the mainland, make sure to reserve your ferry in advance. We encourage carpooling with other participants. On days 5 - 9 you will need to pay for parking in the municipal parking lot in Tofino. You can check to see if [Island Link](#) is operating as they provide bus service on Vancouver Island

- We will provide transport for any gear & kayaks that have been rented from us
- If you would like us to transport your own kayak on our trailer during the course that's no problem, we will not be held liable for any loss or damages

## **Accommodation**

We will be base camping at Surf Junction Campground on days 1 through 4 in a group campsite which is included in this course. You can sleep in your car or small campervan or set up a tent/tarp to call home for 4 days. Surf Junction has a small basic general store, hot tub, sauna, showers and good vibes. On days 5 - 9 we will be camping throughout Clayoquot Sound in Tla'ó'qui-aht & Ahousaht Territories. Coastal Current Adventures provides permits & fees for camping around Vargas Island, Meares Island and possibly Flores island



## **Where and When?**

We will meet at Surf Junction Campground at 08:30am on Day 1 at the post + beam shelter near the pond/hot tub/sauna. We will be launching at Sea Plane Base boat launch on days 1 & 2, then at Little Beach + Grice Bay for days 3 & 4

We will be starting our lessons at 0830 daily for the first 4 days so please arrive a little early each morning to make sure you are ready to start learning!

On day 5 we will be driving to Tofino, arriving at 0830 @ 1st Street Kayak Launch. We will unload boats and unpack gear quickly, then move our vehicles to the municipal pay parking lot near Clayoquot theatre. Vehicles will stay parked here until our return on day 9



## **Food/Meals**

Food will be an individual responsibility while we are base camping at Surf Junction Campground (days 1-4). Once we head out on our expedition on Day 5 we will do shared meals. Everyone will be responsible for their own snacks and hot beverages for the entire course.

Coastal Current Adventures will divide up meal responsibilities for days 5 - 9 one week prior to the course and send this information via email (see table below)

Allergies & dietary restrictions will be shared with participants 1 week prior to course as well. Please try your best to pack tasty, nutritious foods that are quick to prepare. Do not make cooked lunches. Bring your own mess kit! (cup, bowl, spoon, etc)

Coastal Current will provide a backcountry kitchen for days 5 - 9

- ❖ Pots + Pans
- ❖ Coffee Maker + Kettle
- ❖ Scoopers, flippers
- ❖ Knives + Can opener
- ❖ Dish bins, soap, scrubbie
- ❖ Hand Wash Station
- ❖ Cutting Boards
- ❖ Spice Kit + Cooking Oil
- ❖ Stove(s) + Fuel
- ❖ Dish Towels
- ❖ 10L Dromedary for each participant (drinking water)

### Meal Assignments

Days	1	2	3	4	5	6	7	8	9
Breaky	P	P	P	P	P	G	G	G	G
Lunch	P	P	P	P	G	G	G	G	G
Dinner	P	P	P	P	G	G	G	G	-

P = Personal / you do yourself

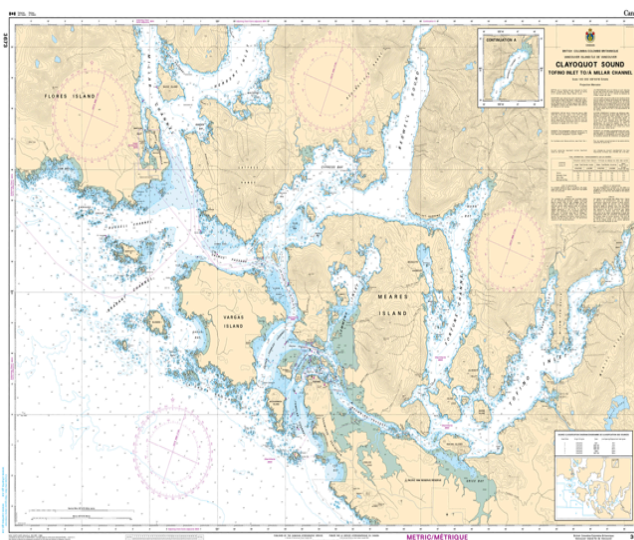
G = Group / you provide + cook for group

### What We Provide

- Quality instruction & demonstrations of all content needed for AOG written and practical assessments
- SKGABC Guide Technical Manuals
- SKGABC Membership Fees & Enrollment
- Permits + Camping Fees for entire course
- Group Camping Equipment (large tarps, rope, lantern)
- Group Safety Gear - First Aid Kit, VHF Radios, Flares, Repair Kit
- Backcountry Kitchen for the Group (days 5 - 9)
- 1 x 10L Dromedary (drinking water) per person + water filtration kit
- Tides & Current Booklets
- Online Campus Access
- If rented from us - Kayak, Safety Gear, Wetsuit, Neoprene Booties

### What You Need to Bring

- ★ An open mind to learning new concepts and prepare to take constructive criticism
- ★ [Chart Case](#) & Chart #3673 - Clayoquot Sound (rentals available) ----->
- ★ Food and Snacks throughout the course
- ★ Base Camp Cooking Equipment for Days 1 - 4



- ★ Camping Gear
- ★ Personal Clothing
- ★ Kayak Equipment + Cold Water Immersion Gear
- ★ [Compass](#)
- ★ Log Book (Rite in the Rain Booklet + Pencils)
- ★ If you are bringing your own Kayak, please make sure bulkheads are water tight and hatch covers are in decent shape

\*Please Read Packing List Carefully to make sure you have all the necessary gear!

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Be prepared to - paddle all day perform leadership scenarios, be a victim during scenarios

Be prepared to - get wet every day

Be prepared to - take notes at any time & write SKGABC AOG Exam on Day 8

Be prepared to - dream of weather, water, rescues & rad paddle strokes!

Be prepared to - pack all the food and gear that you need into your kayak for days 5 - 9

Be prepared to - help other people

Be prepared to - have your mind blown by the awesome things we will do during this course!

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### **Our Leaders / Instructors**

Coastal Current Adventures has a skilled team of Guide Trainers who are stoked to share their knowledge to give you the tools you need to be a safe, respectful, proficient & responsible Sea Kayak Guide!

If you have any further questions or concerns please call or email us

250 221 2257 | [coastalcurrentadventures@gmail.com](mailto:coastalcurrentadventures@gmail.com)

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## Course Schedule

Please be aware that this schedule is subject to change depending on weather and group dynamics. When working with mother nature we must trust our instincts and move accordingly. We always take learning opportunities as they arise

	Morning	Afternoon	Evening
Day 1 Float Plane Base Boat Launch, Ucluelet	Intro, SKGABC Orientation, Camp Protocols, Quotes, Notes, Words of Wisdom	Boats, Gear, Paddle Talk, Launching, Strokes & Rescues	Intro to Weather Intro to Tides
Day 2 Float Plane Base Boat Launch, Ucluelet	Weather, Tides, Navigation, Leadership Communication	Strokes & Rescues, Carries, Transfers	Tides & Currents
Day 3 Grice Bay, Clayoquot Sound	Weather, Navigation, Leadership	On water navigation, Moving Water, Leadership	Safety Gear, What to bring and why Chart 1
Day 4 Little Beach, Ucluelet	Tides, Navigation, Leadership	Leadership Scenarios	Route Planning, Weather, Navigation, Tides & Currents
Day 5 1st Street Kayak Launch, Tofino	Drive to Tofino, Packing, Launching, Weather, Leadership, Travel in Busy Harbours	Leadership, Travel Navigation, Moving Water, Camp Etiquette	Reflections - Risk Management, Scenario Protocols, Outline for Day 6-9
Day 6 Clayoquot Sound	Surf Theory, Weather - Tides, Surf Launch and Landing Protocols, Leadership, Travel	Leadership Scenarios, Travel, Group Management, Navigation	Weather, Emergency Signalling, Tides & Currents
Day 7 Clayoquot Sound	Weather, Kayak Surfing	Leadership Scenarios	Navigation, Route Planning, Weather
Day 8 Clayoquot Sound	Review, Written Guide Assessment	Leadership Scenarios	Weather, Route Planning
Day 9 Clayoquot Sound	Leadership Scenarios, Moving Water	Safe Travel in Busy Current Harbour, Feedback & Farewell	Go Home and Rest!

## Packing List - AOG Course (9 Days)

### CCA Rentals Available - Price subject to gst

- ❖ \$315 - Kayak + Safety Gear (Paddles, Spray Skirt, Hatch Covers, Tow Line, Stirrup, Paddle Float, Manual Pump, PFD, Helmet)
- ❖ \$135 - Wetsuit + Neoprene Booties
- ❖ \$20 - Synthetic Sleeping Bag
- ❖ \$15 - Sleeping Pad
- ❖ \$15 - Chart Case + Chart

### Navigation Equipment

- Chart #3673 - Clayoquot Sound
- Waterproof Chart Case
- Compass
- Log Book - Bound and numbered is ideal - Rite in the Rain notebooks are strongly recommended + pencils
- Watch - Time is important for navigation

### Cold Water Immersion Gear - Wetsuit **or** Drysuit

- Wetsuit - 5/4mm, Neoprene Booties 5-8mm, Gloves 3mm
- Drysuit - That does not leak!!
- Paddling Jacket (for wearing over wetsuit when not in water)

\*You will be wearing immersion gear daily and will be exposed to rain, wind, waves & current.

### Optional Items

- |   |   |
|---|---|
| <input type="checkbox"/> Neck tube/buff | <input type="checkbox"/> Binoculars                           |
| <input type="checkbox"/> Thermos        | <input type="checkbox"/> Camp Pillow                          |
| <input type="checkbox"/> Deck Compass   | <input type="checkbox"/> Camp Towel                           |
| <input type="checkbox"/> VHF Radio      | <input type="checkbox"/> Head Net (if black flies bother you) |
| <input type="checkbox"/> Poggies        |   |

### Kayak Equipment

- Sea Kayak with waterproof bow & stern bulkheads + space for 5 days of food & gear
- Paddle + Spare Paddle
- Spray Skirt
- Foam PFD - Approved by CCG or ULC
- Manual Hand Bilge Pump
- Whistle
- Paddle Float - Foam or Inflatable
- Sea Kayak Tow Line - 15 metres of buoyant Line (quick release on both ends)
- Throw Bag
- Helmet - Whitewater/Surf Style
- Stirrup - 4.5 metre loop of buoyant rope or webbing

### Camping Gear

- Shelter - Tent, Tarp, Rope
- Sleeping Bag - Synthetic is ideal
- Sleeping Mat

### Bathroom/Toiletries

- Pee, Poop, Period Kit (Toilet paper, Soap, More TP, Pads/Tampons/Cup, Bag to Pack it out etc)
- Toothbrush + Toothpaste
- Sunscreen and/or zinc - Reef Safe is ideal
- Small personal First Aid Kit
- Medications - Please duplicate & separate any critical medications to give one set to your guide trainer in case other medication gets wet or lost.

### Personal Clothing

- Rain Jacket + Rain Pants(rubber works good)
- 2 x Wool or Synthetic Sweaters/Jackets
- 2 x Wool or Synthetic Baselayer Tops
- 2 x Wool or Synthetic Long Underwear Bottoms
- 2 x Wool or Synthetic T-Shirts
- 2 x Nylon/Quick Dry Pants
- 1 x Wool or Fleece Pants
- 1 x Quick Dry Shorts/Bathing Suit
- 5+ Pairs of Wool/Synthetic Socks
- 1 x Rubber Boots
- 1 x Pair of other footwear (lightweight)
- 2 x Wool or Synthetic Toques
- 1 x Brimmed Hat

### Other Gear

- Headlamps with extra batteries
- Dry Bags or Stuff Sacks-garbage bag lined
- Polarized Sunglasses
- Large mesh/nylon/lightweight duffle bag
- Pocket knife
- Lighter/Matches
- Spare Garbage bags & zip loc bags

### Food & Cooking

- Personal Snacks for 9 Big Days
- Water Bottle
- Personal Meals for days 1 - 4
- Group food for assigned meals - Days 5 - 9
- Mess kit (bowl, spoon, cup, etc)
- Coffee, Tea (hot drink of choice)

### Cooking equipment for Base Camp Days 1 - 4

- Stove + Fuel
- Scoopers + Flippers
- Cutting Boards
- Pots & Pans
- Knives + Openers
- Tea Towels + Wash Kit

## How to Pack your Gear + Food

You will need to make sure your gear & food is organized and waterproof so that you do not end up with a wet sleeping bag or soggy bread!

Sea Kayak Hatches "should" be fairly watertight but there is sometimes human error in closing hatches properly and we do a lot of wet work/scenarios.

You will need to make sure you have some room left in your kayak for group gear (shared kitchen, tarps, stoves, fuel, etc)

We suggest a large [mesh duffle bag](#) or a large [tote bag](#) for transporting your smaller bags up the beach when on expedition and a tote bin for storing your gear during days 1 to 4. Tote bin lids work great for getting changed on so you don't ruin your gear.

## Waterproofing with [Dry Bags](#)

Dry Bags are a great option for waterproofing gear - Here are some tips & considerations:

- ❖ Do not pack any dry bags larger than 20L (5L, 10L, 15L + 20L dry bags fit in kayak best)
- ❖ More smalls bags is often easier to fit into your boat
- ❖ If your dry bags can hold air, then they should keep water out!
- ❖ Test your bags before the trip
- ❖ Most dry bags need to be folded at least 3 times, then latched to be waterproof

## [Waterproofing with Stuff Sack + Garbage Bags Video](#)

Using stuff sacks (not waterproof) and lining with a garbage bag is another option instead of dry bags. We find that this method takes up slightly less room in your kayak while also sliding in easily. Here are a few tips and considerations:

- Take your 5-25L stuff sack and line it with a garbage bag, fold the excess garbage bag down, pack your clothes/gear/food into the bag evenly, grab the excess garbage bag and press down to get air out, spin bag (do not tie), then shove the spun portion down the side. Pull the drawstring tight - stoked!
- Get decent garbage bags (medium thickness) and pack a few extras (tuck tape works for repairs)
- Compression straps on stuff sacks are great for making bulky items more compact
- Links below for reference
  - [Sea to Summit Compression Sack](#)
  - [Sea to Summit Stuff Sack](#)