



Coastal Current Adventures

Assistant Overnight Guide Upgrade Course Info Package

Clayoquot Sound | Ucluelet | Tofino

12 Pages

Course Description

This 5 day / 4 night upgrade to assist overnight guide course is for L1 day guides who want to start guiding multi day expeditions & take their skills and knowledge to the next level.

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

Prerequisite

SKGABC Level 1 Day Guide Certification



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

5 days/4 nights camping + learning from observations and experiences throughout Clayoquot Sound in Tla'o'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.

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 on Day 5 and receive 75% or greater on both to pass. (Sea Kayak Guide Alliance of BC)

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, whom already have their Level 1 Certificate
- Recreational paddlers who want to build confidence to safely take friends and family on expeditions, whom already have the Level 1 Certificate
- People who are seeking more knowledge about weather, tides & currents, leadership, sea kayak strokes & rescue systems, whom already have their Level 1 Certificate

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 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 more 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.

Padding 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.

Specifically, candidates will perform the following:

- ★ 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



| April-Avril | | | | | May-Mai | | | | | June-Juin | | | | | |
|-------------|-------|--------|------|-------|---------|------|--------|------|-------|-----------|------|--------|-------|-------|------|
| Day | Time | Meters | Foot | Phase | Day | Time | Meters | Foot | Phase | Day | Time | Meters | Foot | Phase | |
| 1 | 00:14 | 0.8 | 2.6 | 16 | 05:43 | 0.7 | 2.3 | 16 | 06:07 | 0.1 | 0.3 | 1 | 00:18 | 0.4 | 1.2 |
| WED | 12:18 | 3.4 | 11.2 | FRI | 12:53 | 3.3 | 10.8 | FRI | 12:58 | 3.1 | 10.2 | SUN | 07:23 | 3.8 | 12.5 |
| MER | 18:21 | 1.0 | 3.3 | THU | 17:45 | 1.0 | 3.3 | VEN | 18:20 | 1.5 | 4.9 | SAM | 13:56 | 2.9 | 9.5 |
| | | | | SAT | 23:55 | 3.7 | 12.1 | SUN | 23:57 | 3.9 | 12.8 | MON | 19:54 | 1.7 | 5.6 |
| 2 | 00:25 | 3.6 | 11.8 | 17 | 06:26 | 0.4 | 1.3 | 17 | 06:54 | -0.1 | -0.3 | 2 | 00:51 | 3.3 | 10.8 |
| THU | 06:51 | 0.7 | 2.3 | FRI | 12:40 | 3.3 | 10.8 | SUN | 07:56 | 0.5 | 1.6 | THU | 07:56 | 0.5 | 1.6 |
| JEU | 12:59 | 3.3 | 10.8 | 18 | 07:06 | 0.5 | 1.6 | SAM | 13:22 | 3.2 | 10.5 | WED | 14:32 | 2.8 | 9.2 |
| | | | | SAT | 18:22 | 1.1 | 3.6 | VEN | 18:41 | 1.5 | 4.9 | THU | 20:20 | 1.8 | 5.9 |
| | | | | SUN | 23:52 | 3.5 | 11.5 | SUN | 23:52 | 3.5 | 11.5 | FRI | 01:22 | 3.8 | 12.5 |
| 3 | 00:55 | 3.6 | 11.8 | 19 | 08:08 | 3.4 | 11.2 | 18 | 00:42 | 3.9 | 12.8 | 2 | 00:51 | 3.3 | 10.8 |
| THU | 07:26 | 0.6 | 2.0 | SAT | 07:09 | 0.2 | 0.7 | SUN | 07:44 | -0.1 | -0.3 | 3 | 00:51 | 3.3 | 10.8 |
| WED | 13:38 | 3.2 | 10.5 | SAM | 13:28 | 3.3 | 10.8 | MON | 14:14 | 3.1 | 10.2 | THU | 09:12 | 0.1 | 0.3 |
| | | | | SUN | 19:02 | 1.3 | 4.3 | TUE | 19:31 | 1.5 | 4.9 | FRI | 15:40 | 2.8 | 9.2 |
| | | | | MON | 23:52 | 3.5 | 11.5 | WED | 23:52 | 3.5 | 11.5 | SAT | 21:20 | 1.4 | 4.6 |
| 4 | 01:23 | 3.8 | 12.5 | 20 | 09:06 | 3.9 | 12.8 | 19 | 01:30 | 3.8 | 12.5 | 4 | 02:05 | 3.2 | 10.5 |
| SAT | 09:00 | 0.6 | 2.0 | SUN | 07:55 | 0.1 | 0.3 | TUE | 08:35 | 0.0 | 0.0 | THU | 09:07 | 0.6 | 2.0 |
| SAM | 14:17 | 3.1 | 10.2 | DMN | 14:18 | 3.2 | 10.5 | LUN | 14:45 | 2.9 | 9.5 | MAR | 15:00 | 2.8 | 9.2 |
| | | | | TUE | 19:03 | 1.4 | 4.6 | WED | 19:56 | 1.7 | 5.6 | THU | 20:20 | 1.8 | 5.9 |
| | | | | WED | 23:52 | 3.5 | 11.5 | THU | 23:52 | 3.5 | 11.5 | FRI | 22:22 | 1.3 | 4.3 |
| 5 | 01:51 | 3.8 | 12.5 | 21 | 09:47 | 3.8 | 12.5 | 20 | 02:23 | 3.6 | 11.8 | 5 | 02:48 | 3.1 | 10.2 |
| SUN | 08:35 | 0.7 | 2.3 | MON | 08:43 | 0.2 | 0.7 | THU | 09:28 | 0.2 | 0.7 | FRI | 09:46 | 0.7 | 2.3 |
| MER | 14:57 | 3.0 | 9.8 | TUE | 15:11 | 3.1 | 10.2 | WED | 16:02 | 3.0 | 9.8 | SAT | 17:06 | 3.2 | 10.5 |
| | | | | WED | 20:29 | 1.6 | 5.2 | THU | 20:33 | 1.8 | 5.9 | FRI | 21:55 | 1.7 | 5.6 |
| | | | | THU | 23:52 | 3.7 | 12.1 | FR | 23:52 | 3.2 | 10.5 | SAT | 23:28 | 1.3 | 4.3 |
| 6 | 02:30 | 3.4 | 11.2 | 22 | 10:33 | 3.7 | 12.1 | 21 | 03:21 | 3.4 | 11.2 | 6 | 03:37 | 2.8 | 9.2 |
| MON | 09:12 | 0.8 | 2.6 | TUE | 09:37 | 0.3 | 1.0 | WED | 09:27 | 0.7 | 2.3 | THU | 10:28 | 0.8 | 2.6 |
| TUE | 15:40 | 2.8 | 9.2 | WED | 16:10 | 3.0 | 9.8 | THU | 16:13 | 2.7 | 8.9 | FRI | 17:15 | 2.8 | 9.2 |
| | | | | THU | 21:23 | 1.7 | 5.6 | FR | 21:15 | 1.9 | 6.2 | SAT | 22:35 | 1.7 | 5.6 |
| | | | | FR | 23:52 | 3.2 | 10.5 | SUN | 23:52 | 3.2 | 10.5 | MON | 23:52 | 3.2 | 10.5 |
| 7 | 02:52 | 3.2 | 10.5 | 23 | 11:03 | 3.1 | 10.2 | 22 | 04:24 | 3.2 | 10.5 | 7 | 04:33 | 2.8 | 9.2 |
| WED | 09:53 | 0.8 | 2.6 | THU | 10:12 | 0.9 | 3.0 | FRI | 11:20 | 0.6 | 2.0 | SUN | 11:33 | 0.9 | 3.0 |
| MAR | 16:31 | 2.7 | 8.9 | FR | 17:16 | 2.9 | 9.5 | VEN | 17:56 | 3.0 | 9.8 | DMN | 18:02 | 2.9 | 9.5 |
| | | | | SAT | 21:31 | 1.9 | 6.2 | SUN | 22:08 | 1.9 | 6.2 | MON | 23:51 | 1.6 | 5.2 |
| | | | | SUN | 23:52 | 3.2 | 10.5 | MON | 23:52 | 3.2 | 10.5 | TUE | 00:01 | 1.6 | 5.2 |
| 8 | 03:30 | 3.1 | 10.2 | 24 | 11:44 | 0.7 | 2.3 | 23 | 05:35 | 2.9 | 9.5 | 8 | 00:01 | 1.6 | 5.2 |
| THU | 10:43 | 1.1 | 3.6 | THU | 11:44 | 0.7 | 2.3 | FRI | 11:03 | 1.0 | 3.3 | SAT | 05:40 | 2.6 | 8.5 |
| MER | 17:55 | 2.5 | 8.2 | FRI | 18:27 | 2.8 | 9.2 | VEN | 18:03 | 2.6 | 8.5 | MON | 12:02 | 1.1 | 3.6 |
| | | | | SAT | 23:55 | 1.8 | 5.9 | SUN | 23:17 | 1.9 | 6.2 | TUE | 18:48 | 3.0 | 9.8 |
| | | | | SUN | 23:52 | 3.2 | 10.5 | MON | 23:52 | 3.2 | 10.5 | WED | 19:43 | 3.1 | 10.2 |
| 9 | 04:19 | 3.0 | 9.8 | 25 | 12:25 | 0.8 | 2.6 | 24 | 06:53 | 2.8 | 9.2 | 9 | 01:08 | 1.4 | 4.6 |
| THU | 11:44 | 1.2 | 3.9 | FRI | 09:46 | 3.1 | 10.2 | 9 | 04:55 | 2.8 | 9.2 | THU | 06:57 | 2.5 | 8.2 |
| | | | | SAT | 19:36 | 2.9 | 9.5 | SAM | 19:00 | 2.7 | 8.9 | FRI | 12:55 | 1.2 | 3.9 |
| | | | | SUN | 23:52 | 3.2 | 10.5 | SUN | 23:52 | 3.2 | 10.5 | SAT | 18:41 | 1.6 | 5.2 |
| 10 | 05:26 | 2.8 | 9.2 | 26 | 13:07 | 1.7 | 5.6 | 25 | 08:17 | 1.9 | 6.2 | 10 | 02:12 | 1.1 | 3.6 |
| MON | 12:57 | 1.2 | 3.9 | SUN | 08:32 | 2.9 | 9.5 | MON | 08:11 | 2.7 | 8.9 | THU | 08:26 | 1.0 | 3.3 |
| WED | 20:05 | 2.6 | 8.5 | TUE | 14:02 | 0.9 | 3.0 | WED | 13:00 | 1.1 | 3.6 | FRI | 10:08 | 2.5 | 8.2 |
| | | | | WED | 19:52 | 2.8 | 9.2 | THU | 19:52 | 2.8 | 9.2 | SAT | 15:16 | 1.7 | 5.6 |
| | | | | THU | 23:52 | 3.2 | 10.5 | FRI | 23:52 | 3.2 | 10.5 | SUN | 21:19 | 1.2 | 3.9 |
| 11 | 06:12 | 2.1 | 6.9 | 27 | 14:03 | 1.5 | 4.9 | 26 | 09:38 | 1.0 | 3.3 | 11 | 03:11 | 0.8 | 2.6 |
| SAT | 06:30 | 2.8 | 9.2 | SUN | 08:32 | 2.9 | 9.5 | MON | 07:33 | 2.7 | 8.9 | THU | 09:29 | 2.6 | 8.5 |
| SAM | 14:07 | 1.2 | 3.9 | TUE | 15:01 | 1.8 | 5.6 | WED | 15:57 | 1.1 | 3.6 | FRI | 10:08 | 2.5 | 8.2 |
| | | | | WED | 21:23 | 1.3 | 4.3 | THU | 20:36 | 3.0 | 9.8 | SAT | 12:02 | 3.2 | 10.5 |
| | | | | THU | 23:52 | 3.2 | 10.5 | FRI | 23:52 | 3.2 | 10.5 | SUN | 23:52 | 3.2 | 10.5 |
| 12 | 06:13 | 2.8 | 9.2 | 28 | 14:43 | 1.2 | 3.9 | 27 | 10:22 | 2.7 | 8.9 | 12 | 03:33 | 2.8 | 9.2 |
| WED | 13:04 | 1.1 | 3.6 | THU | 15:51 | 1.1 | 3.6 | MAR | 14:49 | 1.2 | 3.9 | WED | 15:45 | 1.5 | 4.9 |
| | | | | FRI | 20:35 | 3.3 | 10.8 | THU | 21:59 | 3.3 | 10.8 | THU | 16:48 | 1.8 | 5.9 |
| | | | | SAT | 23:52 | 3.2 | 10.5 | FRI | 23:52 | 3.2 | 10.5 | FRI | 18:48 | 1.5 | 4.9 |
| 13 | 06:32 | 1.6 | 5.2 | 29 | 15:24 | 1.0 | 3.3 | 28 | 11:28 | 2.7 | 8.9 | 13 | 05:00 | 0.2 | 0.7 |
| THU | 09:21 | 2.9 | 9.5 | SUN | 09:35 | 3.0 | 9.8 | SAT | 09:51 | 2.8 | 9.2 | SUN | 11:31 | 2.9 | 9.5 |
| WED | 15:40 | 1.0 | 3.3 | MON | 16:34 | 1.1 | 3.6 | MON | 16:38 | 1.6 | 5.2 | MON | 16:40 | 1.6 | 5.2 |
| | | | | TUE | 22:41 | 3.4 | 11.2 | TUE | 22:36 | 3.3 | 10.8 | TUE | 22:46 | 3.0 | 9.8 |
| | | | | WED | 23:52 | 3.2 | 10.5 | WED | 23:52 | 3.2 | 10.5 | WED | 23:52 | 3.2 | 10.5 |
| 14 | 06:48 | 1.3 | 4.3 | 30 | 16:03 | 0.8 | 2.6 | 29 | 12:26 | 2.6 | 8.5 | 14 | 05:53 | 0.0 | 0.0 |
| THU | 10:16 | 3.1 | 10.2 | THU | 11:23 | 3.3 | 10.8 | FRI | 11:58 | 2.8 | 9.2 | THU | 12:24 | 3.0 | 9.8 |
| MAR | 17:00 | 1.0 | 3.3 | FRI | 16:23 | 1.3 | 4.3 | SAT | 17:18 | 1.6 | 5.2 | FRI | 18:12 | 1.7 | 5.6 |
| | | | | SAT | 23:52 | 3.2 | 10.5 | SUN | 23:52 | 3.2 | 10.5 | SAT | 23:37 | 3.8 | 12.5 |
| | | | | SUN | 23:52 | 3.2 | 10.5 | MON | 23:52 | 3.2 | 10.5 | SUN | 23:52 | 3.2 | 10.5 |
| 15 | 07:01 | 1.0 | 3.3 | 31 | 16:43 | 0.6 | 2.0 | 30 | 06:13 | 0.5 | 1.6 | 15 | 06:45 | 0.1 | 0.3 |
| WED | 11:06 | 3.2 | 10.5 | THU | 12:07 | 3.1 | 10.2 | FRI | 11:40 | 3.1 | 10.2 | SUN | 13:52 | 2.9 | 9.5 |
| MER | 17:08 | 1.0 | 3.3 | JEU | 17:47 | 1.3 | 4.3 | VEN | 17:08 | 1.3 | 4.3 | MON | 18:30 | 1.5 | 4.9 |
| | | | | FR | 23:46 | 3.8 | 12.5 | SAT | 23:45 | 3.4 | 11.2 | TUE | 18:49 | 1.7 | 5.6 |
| | | | | SUN | 23:52 | 3.2 | 10.5 | SUN | 23:52 | 3.2 | 10.5 | WED | 23:52 | 3.2 | 10.5 |

Assisted Rescues

- ❖ T Rescue
- ❖ Parallel Rescue
- ❖ Sling rescue/Stirrup re-entry

Towing and Travel Assist Skills

Candidates will perform the following:

- Stern carry a swimmer for 50 metres
- Open water boat switching
- Solo boat towing

Navigation

Candidates will use a variety of navigation tools including nautical charts, compass, Tide & Current Tables, and Chart 1 to plan a multi-day sea kayak trip. Specifically, candidates will perform the following:

- ★ Identify symbols and scale
- ★ Use Chart One as a reference tool
- ★ Plot appropriate route plans with distances and time estimates
- ★ Follow route plans and adapt to conditions
- ★ Fix location using natural ranges and magnetic lines of position
- ★ Identify landmarks or waterways using the compass (chart to reality, and reality to chart)
- ★ Use Tide and Current Tables to predict tides and currents at primary and secondary ports and stations.
- ★ Familiarity with basic collision regulations (right of way)

Weather

Candidates will use a variety of weather aids to make reasonable 6 to 12-hour weather predictions to be used within the context of a multi-day sea kayak trip.

Specifically, candidates will perform the following:

- Describe weather phenomena, including small-scale features (land and sea breezes, gap and corner winds, fog types)
- Observe and describe current local weather trends (cloud, wind, and precipitation) and the relevance to trip and route planning
- Access the marine weather forecast and interpret the relevance to trip and route planning

Emergency Signaling and Radio Use

Candidates will demonstrate proficiency with a variety of communication devices appropriate to the area of travel. Devices will include VHF radio and flares.

- ❖ Routine communications for logistics (using appropriate language, clarity, brevity, precision)
- ❖ Proper communication procedures for an emergency call (Coast Guard Radio or direct to RCC)
- ❖ Care and proper use of flares (including types, limitations, sequencing, and safe ignition)
- ❖ Alternate one-way signalling options (smoke fire, signal mirror, strobe, EPIRB, PLB)

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. 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

Accommodation

We will be camping throughout Clayoquot Sound in Tla'o'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 arrive in Tofino at 0830 @ [1st Street Kayak Launch](#). We will unload boats and packed gear quickly, then move our vehicles to the municipal parking lot near Clayoquot theatre. Vehicles will stay parked here until our return on day 5
Throughout the program we will start lessons in the morning around 08:00am and finish in the evening around 21:00. The Course will be complete on day 5 around 1630 (4:30pm)



Food/Meals

For this course we will do assigned shared meals. Coastal Current Adventures will divide up meal responsibilities, one week prior to the course and send this information via email (see table below)

Everyone will be responsible for their own snacks for the entire course.

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's quick to prepare. Do not make cooked lunches. Bring your own mess kit! (cup, bowl, spoon, etc)

| Days | 1 | 2 | 3 | 4 | 5 |
|--------|---|---|---|---|-----|
| Breaky | P | G | G | G | G |
| Lunch | P | G | G | G | G |
| Dinner | G | G | G | G | N/A |

P = Personal / you do yourself

G = Group / you provide + cook for group

Coastal Current will provide a backcountry kitchen

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

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
- 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!

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

Be prepared to - get wet every day

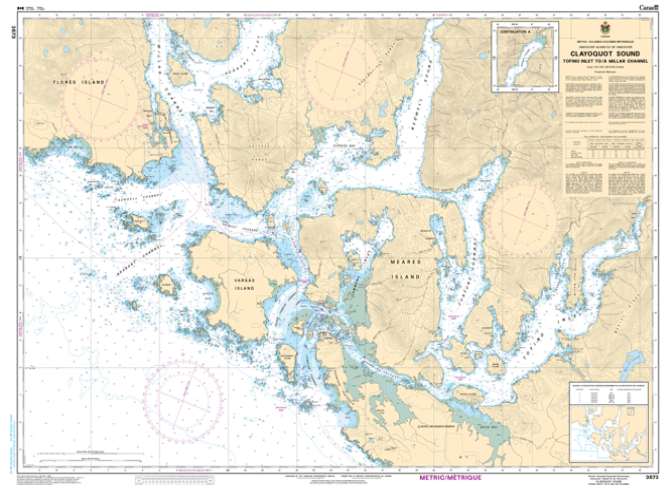
Be prepared to - take notes at any time & write SKGABC AOG Exam on Day 5

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

Be prepared to - help other people

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



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 1st Street Kayak Launch @ 830am | Unload, Intro, Packing, Weather, Tides, Group Management + Protocols, Leadership Travel | Leadership Travel, Moving Water, Navigation | Environmental + Cultural Awareness, Camp Protocols, Tides & Currents, Route planning |
| Day 2 Clayoquot Sound | Weather, Launching + Landing, Stokes, Rescues | Leadership Travel, Towing, Leadership Scenarios, Navigation | Emergency Signalling, Navigation, Weather |
| Day 3 Clayoquot Sound | Weather, Surf, Navigation | Leadership Scenarios + Travel | Operating Standards, Tides & Currents, Navigation |
| Day 4 Clayoquot Sound | Leadership Scenarios | Leadership Scenarios, Navigation | Review, Written Guide Assessment, Instructors do dinner |
| Day 5 Finish Course by 1630 @ 1st street Kayak Launch | Weather, Navigation, Leadership Scenarios + Travel | Leadership Travel, Moving Water, Arrive in Tofino around 2pm, Feedback + Farewell | Go home and rest! |

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



Packing List - AOG Upgrade Course (5 Days)

CCA Rentals Available - Price subject to gst

- ❖ \$175 - Kayak + Safety Gear (Paddles, Spray Skirt, Hatch Covers, Tow Line, Stirrup, Paddle Float, Manual Pump, PFD, Helmet)
- ❖ \$75 - 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 box & 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

- | | |
|---|--|
| <input type="checkbox"/> Headlamps with extra batteries | <input type="checkbox"/> Large mesh/nylon/lightweight duffle bag |
| <input type="checkbox"/> Dry Bags or Stuff Sacks (with garbage bag liner) | <input type="checkbox"/> Pocket knife |
| <input type="checkbox"/> Polarized Sunglasses | <input type="checkbox"/> Lighter/Matches |
| | <input type="checkbox"/> Spare Garbage bags & zip loc bags |

Food & Cooking

- Personal Snacks for 5 Big Days
- Group food for assigned meals
- Water bottle
- Mess kit (bowl, spoon, cup, etc)
- Coffee, Tea (hot drink of choice)

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

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 small 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](#)