

South Island Sea Kayak Association
PADDLE CANADA LEVEL ONE SKILLS TRAINING
Course Information Package April/May 2025

This two-day and one evening Level 1 Skills program will build on the skills introduced in the Paddle Canada Basic Skills Course **OR** on the experience that you may already have. It will cover practical sea kayak training and knowledge for day touring. We will also cover some weather interpretation and practical navigational techniques. Then we will plan and execute a half day kayak trip. By the end of this course, we hope that you will feel able to go on your own day paddle in our sheltered coastal waters.

Maximum Participants: 6

Minimum Participants: 3

Prerequisites: A willingness to learn new things and have fun! A Basic Skills Course and previous kayaking experience will be an asset. You must have your own seaworthy kayak (or rent one) and have immersion gear. You will get wet!

Instructors: Raj Persram and Elizabeth Purdon

Dates:

Sunday April 13 6:30 PM to 8:30 PM at Crystal Pool

Saturday May 10 9:00 AM to 4:00 PM at Gyro Park

Saturday May 17 9:00 AM to 4:00 PM at Gyro Park

Outdoor locations subject to change depending on weather; you will get a confirmation email a day or two before. On the first day please leave your kayaks on your roof. We will be spending some time on shore before kayaking.

Course Content:

We will be teaching you the skills necessary for day touring. There is an emphasis on kayak safety training.

On dry land you will learn about:

- Equipment
- Communication
- Route planning and navigation
- Weather
- Basic tides and currents
- Planning a kayak day trip

On the water you will learn about:

- How to get in and out of your kayak
- Paddling forward - the Forward Stroke (and paddling backwards!)
- How to turn your kayak - the sweep stroke and stern rudder
- How to move your kayak sideways - the pulling draw and the sculling draw
- Edge control
- How to keep from rolling over - the low recovery/brace
- What to do if you do go over - how to get back in your kayak by yourself or with the assistance of another kayaker
- How to contact tow another kayaker

Food:

Bring your lunch, snacks and beverages for the all-day sessions.

Kayaking Gear to Bring:

- Kayak. This should be a kayak with a cockpit and sprayskirt. It needs to be able to float when upside down; it should not be able to fill up with water and sink!
- Paddle (either Euroblade or Greenland)
- PFD with whistle. The PFD needs to be Transport Canada or ULC approved. Please check the writing on your PFD.
- Bilge Pump

Recommended, but not required:

- Paddle float. You will be learning how to use this. Bring one if you have it, we will have some extras if you don't.
- Tow line or buoyant heaving line that is 15 meters / 50 feet long. We won't be using this in the course, but it is a requirement of Transport Canada that you have one with you on a trip. We also have extras if you don't have one.

What to Bring in addition to above:

For ocean sessions:

- Dress for immersion! You will be getting wet on the second of the two full day sessions and perhaps on the first when you are finding your edges!
- A complete change of warm clothing in a dry bag. Just in case...
- Sun and/or rain protection. We kayak in rain or shine!
- A notebook or paper and a pencil or pen.

For the pool session bring:

- Your kayak, PFD, sprayskirt, paddle and paddle float.
- Most people still like to wear a farmer john or wetsuit over a bathing suit in the pool,

For more information contact:

- Raj Persram of *Roll with it Kayaking*, 250-385-6088, info@rollwithitkayaking.com
- Elizabeth Purdon, 250-686-6009, elizpurdon@gmail.com