

# SEA KAYAKING – LEVEL II

<b>Course objective</b>	<p>Give kayakers the theoretical and practical knowledge they need for daylong solo kayak trips in a semi-remote environment (zone 2).</p> <p>Expected outcome: using the information learned in the previous level, participants will expand and improve their techniques and knowledge and learn enough navigation skills to organize daylong trips in various settings.</p>
<b>Technical prerequisite</b>	Level I sea kayaking certificate or level I assessment.
<b>Experience and preparation</b>	<p>Four three-hour excursions after receiving the level I sea kayaking certificate</p> <p>Paddling without the use of a rudder or skeg</p> <p>Safety course (7 hours long) is a good way to continue progressing and prepare for level II.</p>
<b>Length</b>	2 days (minimum 17 hours).
<b>Ratio</b>	6 participants for 1 instructor.
<b>Minimum equipment</b>	<p>15-foot kayak or longer, with two waterproof hatches.</p> <p>Suitable paddle, spray deck, paddle float, appropriate clothing for various recovery manoeuvres. Greenland paddle may be used, but all manoeuvres and techniques must be done with the same paddle and meet the required criteria. Equipment required by Canadian law for vessels up to 6 metres long.</p> <p><u>Note:</u> The tow system is highly recommended for this level rather than a 15-metre floating rope or a throw bag.</p>
<b>Location and conditions</b>	<p>Fresh water or seashore that may have exposed conditions, but must have at least one partially sheltered area.</p> <p>Light winds (under 12 knots).</p>
<b>Assessment</b>	<p>Participants' understanding of this level's techniques and theory will be assessed, especially the safety and organization of daylong trips in various environments. The following ratings will be used: Good (G), Progressing (P) and Fail (F). To earn a certificate, participants must obtain a "Good" rating for each skill evaluated. Notwithstanding, a "Progressing" rating is acceptable. When skills have not been successfully demonstrated, they may be re-tested during another training session or assessment so that the participant completes the training and obtains a certificate. The instructor must give each participant a personalized progress sheet containing an assessment of each skill for this level.</p>
<b>Certificate</b>	<p>A certificate is issued to participants who pass the course. The record processing fees are included in the cost of the course. It is the instructor's responsibility to provide the FQCK with participants' contact information and results.</p>


## SEA KAYAKING LEVEL II ASSESSMENT CRITERIA

THEME	SPECIFIC OBJECTIVES	SKILLS	MINIMUM CRITERIA	EVALUATION
TECHNIQUE	<p style="text-align: center;"><b>Transporting and handling a kayak</b></p> <p>Transport kayak alone from the vehicle to the launch area, choosing the most appropriate route.</p>	<p>Note: participants may receive help in order to avoid injury.</p> <ul style="list-style-type: none"> <li>▪ Lift and set kayak down in three steps</li> <li>▪ <b>KEEP BACK STRAIGHT WHEN LOADING AND UNLOADING</b></li> <li>▪ Balance kayak on one shoulder</li> <li>▪ Select an appropriate route to launch area</li> </ul>	<p><b>Mandatory skill</b>, plus two additional skills</p>	<p>Specific exercise</p>
	<p style="text-align: center;"><b>Launching and landing</b></p> <p>Launch kayak forward or backward from shore or a dock.</p>	<ul style="list-style-type: none"> <li>▪ Choose an appropriate launch or landing site</li> <li>▪ <b>PERFORM MANEUVER ALONE</b></li> <li>▪ Push off sea bottom with back face of blade</li> <li>▪ Control boat's stability (no capsizing or excessive rolling)</li> <li>▪ Lean as little as possible on the paddle</li> </ul>	<p><b>Mandatory skill</b>, plus two additional skills</p>	<p>Throughout training session</p>
	<p style="text-align: center;"><b>Forward stroke</b></p> <p>Travel forward in a straight line.</p>	<ul style="list-style-type: none"> <li>▪ <b>Important:</b> Throughout the course, the participant must pay constant attention to upper body rotation and extending the arms.</li> <li>▪ <b>KEEP TORSO ERECT AND DIRECTLY OVER SEAT (AVOID SWAYING BACK AND FORTH)</b></li> <li>▪ Keep arms straight (but not locked) and stationary when rotating torso</li> <li>▪ <b>TORSO ROTATION MUST BE OBVIOUS</b></li> <li>▪ End power phase at hip level</li> <li>▪ Kayak stays flat on the water as it travels</li> <li>▪ <b>GUIDE THE KAYAK IN A STRAIGHT LINE OVER 200 METRES</b></li> </ul>	<p><b>Three mandatory skills</b> plus one additional skill</p>	<p>Throughout training session</p>
	<p style="text-align: center;"><b>Reverse stroke</b></p> <p>Travel backward while controlling the direction of the kayak</p>	<ul style="list-style-type: none"> <li>▪ <b>ROTATE TORSO TO PLACE BLADE INTO WATER AT BACK OF KAYAK, SLIGHTLY BEHIND HIP LINE</b></li> <li>▪ Push off at an angle parallel to keel line</li> <li>▪ Release water at a level between hips and knees.</li> <li>▪ Look over shoulder occasionally to check trajectory and the presence of obstacles</li> <li>▪ <b>MOVE KAYAK BACKWARDS IN A STRAIGHT LINE OVER A MINIMUM OF 20 METRES.</b></li> </ul>	<p><b>Two mandatory skills</b> plus one additional skill</p>	<p>Specific exercise</p>

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<b>TECHNIQUE</b>	<p><b>Stop</b></p> <p>Bring kayak to a stop from a moderate speed</p>	<ul style="list-style-type: none"> <li>▪ Keep torso vertical over seat</li> <li>▪ Keep arms straight</li> <li>▪ Alternate strokes from side to side, ensuring that blade is completely submerged</li> <li>▪ <b>COME TO A FULL STOP USING NO MORE THAN FOUR PADDLING STROKES</b></li> <li>▪ Keep kayak flat on water</li> </ul>	<p><b>Mandatory skill</b> plus two additional skills</p>	<p>Specific exercise</p>
	<p><b>Pivot</b></p> <p>From a neutral position, pivot kayak using sweep technique</p>	<ul style="list-style-type: none"> <li>▪ With the torso vertical, fully extend leading arm</li> <li>▪ For reverse stroke, blade is flat and elbow is flexed</li> <li>▪ <b>FULLY ROTATE UPPER BODY FORWARDS OR BACKWARDS</b></li> <li>▪ Continue upper body rotation until paddle is parallel with keel line</li> <li>▪ Maintain paddle shaft as horizontal as possible</li> <li>▪ <b>LEAN KAYAK WHEN USING SWEEP TECHNIQUE</b></li> </ul>	<p><b>Two mandatory skills</b> plus two additional skills</p>	<p>Specific exercise</p>
	<p><b>Steering</b></p> <p>Change direction using forward sweep</p>	<ul style="list-style-type: none"> <li>▪ Torso remains vertical at all times</li> <li>▪ Lean kayak in opposite direction from turn</li> <li>▪ Fully extend leading arm</li> <li>▪ <b>CONTINUE ROTATING TORSO UNTIL PADDLE IS PARALLEL TO KEEL LINE</b></li> <li>▪ Achieve a noticeable change in direction</li> </ul>	<p><b>Mandatory skill</b> plus two additional skills</p>	<p>Throughout training session</p>
	<p><b>Draw stroke</b></p> <p>Move kayak in a sideways direction</p>	<ul style="list-style-type: none"> <li>▪ Torso is vertical and considerably rotated, facing the desired turning side</li> <li>▪ Keep paddle shaft as vertical as possible</li> <li>▪ Keep blade fully submerged</li> <li>▪ Execute recovery phase under water, with the edge side down, back face facing stern</li> <li>▪ Execute draw stroke at hip level</li> <li>▪ Travel a distance of 5 metres sideways without changing angle</li> </ul>	<p>4 out of 6</p>	<p>Specific exercise</p>
	<p><b>Sculling draw</b></p> <p>Steer kayak sideways using sculling draw technique</p>	<ul style="list-style-type: none"> <li>▪ Torso is vertical and considerably rotated, facing the desired turning side</li> <li>▪ Keep paddle shaft as vertical as possible</li> <li>▪ Keep blade fully submerged</li> <li>▪ Travel one metre using alternate strokes parallel to the keel line</li> <li>▪ Maintain narrow blade angle</li> <li>▪ Travel a distance of five metres sideways without changing angle</li> </ul>	<p>4 out of 6</p>	<p>Specific exercise</p>

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<b>TECHNIQUE</b>	<p><b>Low brace</b></p> <p>Stabilize the kayak by performing a low brace support stroke</p>	<ul style="list-style-type: none"> <li>▪ Position elbow above hand of the leading arm and keep torso vertical</li> <li>▪ <b>SLAP THE WATER WITH THE BACK FACE OF THE BLADE TO AVOID CAPSIZING</b></li> <li>▪ <b>FOLLOWING LOW BRACE STROKE, EXECUTE A POWERFUL HIP SNAP</b></li> <li>▪ Straighten up kayak's trim if off-balance</li> <li>▪ Draw blade out of the water edge first, square to the side of the kayak</li> <li>▪ Draw out blade tip last</li> </ul>	<p><b>Two mandatory skills</b> plus two additional skills</p>	<p>Specific exercise</p>
	<p><b>High brace</b></p> <p>Restore kayak stability by performing a high brace support stroke</p>	<ul style="list-style-type: none"> <li>▪ Keep elbows low and hands high, near upper body, and body vertical</li> <li>▪ <b>SLAP THE WATER WITH THE POWER FACE OF THE BLADE TO AVOID CAPSIZING (ARMS STAY SQUARE)</b></li> <li>▪ <b>FOLLOW HIGH BRACE STROKE WITH A POWERFUL HIP SNAP</b></li> <li>▪ Straighten up kayak's trim if off-balance</li> <li>▪ Draw blade out of the water edge first, square to the side of the kayak</li> <li>▪ Draw out blade tip last</li> </ul>	<p><b>Two mandatory skills</b> plus two additional skills</p>	<p>Specific exercise</p>
	<p><b>Stern rudder</b></p> <p>In back wind or surf conditions, maintain or change the kayak's direction by reaching back and paddling on one side. <i>If conditions are not sufficiently windy, this manoeuvre will be executed during a rope tow</i></p>	<ul style="list-style-type: none"> <li>▪ Turn upper body</li> <li>▪ <b>REACH BACK TO INSERT PADDLE BEHIND HIP LINE AND PARALLEL WITH KEEL LINE</b></li> <li>▪ Slightly bend back arm to protect shoulder</li> <li>▪ Keep blade submerged when stopping</li> <li>▪ Change (or maintain) trajectory without stopping</li> </ul>	<p><b>Mandatory skill</b> plus two additional skills</p>	<p>Specific exercise</p>
	<p><b>Preparation for eskimo roll</b></p> <p>Understand the connection between some steps of the eskimo roll and certain techniques learned in the course</p>	<ul style="list-style-type: none"> <li>▪ Remain at least 6 seconds under an overturned kayak (eskimo rescue)</li> <li>▪ <b>STRAIGHTEN UP KAYAK USING HIPS, HEAD COMES OUT OF WATER LAST</b> (eskimo rescue)</li> <li>▪ <b>EXECUTE A POWERFUL HIP SNAP AFTER SUPPORT STROKE</b> (support stroke)</li> <li>▪ <b>SLAP THE WATER WITH THE BLADE</b> (support strokes, sweep stroke)</li> <li>▪ <b>LEAN KAYAK WHEN PERFORMING SWEEP STROKE</b> (pivot)</li> </ul>	<p><b>FOUR MANDATORY SKILLS</b></p>	<p>Throughout training session</p>

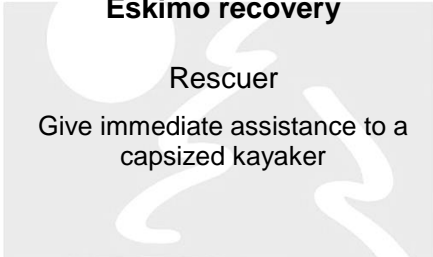
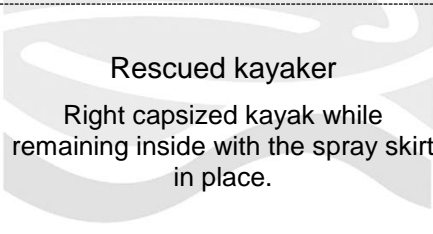
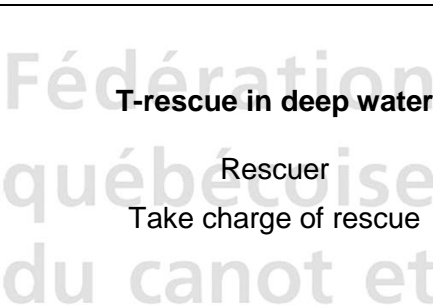
THEME	SPECIFIC OBJECTIVES	SKILLS	MINIMUM CRITERIA	EVALUATION
THEORY	<p><b>Kayak</b></p> <p>Become familiar with the different shapes of hulls and their properties in water, as well as sea kayaking terminology</p>	<ul style="list-style-type: none"> <li>▪ <u>Understand</u> weight distribution</li> <li>▪ <u>Evaluate</u> load capacity</li> <li>▪ Name one advantage and one disadvantage of a particular bilge or hull shape</li> <li>▪ Name two materials used in the <u>construction</u> of a sea kayak</li> <li>▪ <u>Name four parts of a kayak and four fittings</u></li> <li>▪ <u>Know</u> the pros and cons of a rudder and a skeg</li> </ul>	4 out of 6	Group or written test
	<p><b>Paddle</b></p> <p>Understand how paddle performance is influenced by materials and the shape and angles of blades. Know the difference between the various <u>parts</u> of a paddle. Become familiar with the different parts of the paddle and the main materials used.</p>	<ul style="list-style-type: none"> <li>▪ Know two different shapes of blade and their characteristics</li> <li>▪ Know two materials that could be used to make a sea kayak paddle.</li> <li>▪ Understand how a feathered paddle performs at different angles</li> <li>▪ Name three separate parts of a paddle</li> <li>▪ Know how to select a suitable paddle (length, shape and materials)</li> </ul>	3 out of 5	Group or written test
	<p><b>Clothing</b></p> <p>Know the basic characteristics of appropriate clothing for different water temperatures and weather conditions.</p>	<ul style="list-style-type: none"> <li>▪ Identify and understand the mechanisms of heat loss (conduction, evaporation, radiation, convection, respiration)</li> <li>▪ Understand that water temperature is the primary consideration when selecting clothing</li> <li>▪ Understand the principles of dressing in layers</li> <li>▪ Always wear shoes</li> <li>▪ Know the difference between isothermal and waterproof clothing. Know various clothing options</li> </ul>	3 out of 5	Group or written test
	<p><b>Safety equipment</b></p> <p>Become familiar with mandatory regulated equipment (<i>Canada Shipping Act</i>) and recommended safety accessories.</p>	<ul style="list-style-type: none"> <li>▪ <b>NAME ALL MANDATORY SAFETY EQUIPMENT (PFD, WHISTLE, PADDLE, FLOATING ROPE, PUMP, LIGHT)</b></li> <li>▪ <u>Name at least four</u> out of the following recommended equipment: spray skirt, air bag, communication method, rescue paddle, sunglasses, map and compass.</li> <li>▪ Know the difference between sea kayaking accessories and safety equipment (spray skirt, air bag, pump, floating rope)</li> <li>▪ Become familiar with different safety organization options (deck accessories, disposition of equipment)</li> </ul>	<b>Mandatory skill</b> plus two additional skills	Group or written test
	<p><b>Resources</b></p> <p>Be familiar with organizations that develop and control kayaking, and know various reference documents.</p>	<ul style="list-style-type: none"> <li>▪ Know how the FQCK was started</li> <li>▪ Know about the <i>Sea Kayaking Safety Guide</i></li> <li>▪ Know about Dany Coulombe's technical sea kayaking manual</li> <li>▪ Know about the <i>Sentier maritime du Saint-Laurent</i> and the "routes bleues"</li> <li>▪ Know about the <i>Guide de pratique et d'encadrement en kayak de mer</i></li> </ul>	Active participation	Group

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<b>THEORY</b>	 <p><b>Introduction to navigation</b> Demonstrate knowledge of the following skills for daylong trips.</p>	<b>Read map and find an azimuth</b> <ul style="list-style-type: none"> <li>Describe one way to use a topographical map</li> <li>Describe one way to use a nautical map</li> <li>Find the scale of a map and use it to estimate a distance</li> <li>Find an azimuth in the field and on the map</li> <li>Follow an azimuth in the field</li> </ul>	3 out of 5	Specific exercise or written exam
		<b>Plan an excursion</b> <ul style="list-style-type: none"> <li>Know the importance of choosing a leader</li> <li>Know how to set a common, achievable goal (selecting a route, distance, pace, length, changes, etc.)</li> <li>Know and distinguish between various sea kayaking zones</li> <li>Be aware that excursion logistics can change from one route to another</li> <li>Know that schedules in a marine environment must be adjusted to the tides and weather conditions</li> <li>Plan for additional equipment (breakage, change in weather, etc.)</li> </ul>	Active participation	In groups of 2
		<b>Paddling plan</b> <ul style="list-style-type: none"> <li>Know the importance of filing a paddling plan and how it could help if a search is necessary</li> <li>Know what to put in a paddling plan</li> <li>Know the importance of closing a paddling plan</li> </ul>	Active participation	Group
		<b>Weather</b> <ul style="list-style-type: none"> <li>Know the importance of a strong wind warning (20 to 33 knots)</li> <li>Know the difference between marine (knots), land (km /h) and agricultural meteorology (rain)</li> <li>Know different ways to get a weather report</li> <li>Be aware of the importance of the force of the wind and the direction it is coming from</li> </ul>	2 out of 4	Written exam and group correction
		<b>Tides</b> <ul style="list-style-type: none"> <li>Understand the phenomena that cause tides</li> <li>Be familiar with the concepts related to tides, including diurnal and semi-diurnal tides, length, tide cycles and movements (vertical and horizontal)</li> <li>Identify the conditions that they influence and understand their impact on kayakers</li> <li>Understand the rule of twelfths</li> <li>Be familiar with tide terms such as slack, tidal zone, etc.</li> </ul>	Active participation	Group
		<b>Sea conditions</b> <ul style="list-style-type: none"> <li>Describe the phenomena that create waves</li> <li>Identify the different types of currents and their origins</li> <li>Understand how sea bed conditions and features combine with wind and the currents to influence paddling conditions</li> <li>Understand how this impacts kayakers</li> </ul>	Active participation	Group

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<b>SAFETY</b>	<p align="center"><b>First aid</b></p>	<ul style="list-style-type: none"> <li>▪ Hypothermia (definition, signs and symptoms, treatment and follow-up)</li> <li>▪ Hyperthermia (definition, signs and symptoms, treatment and follow-up)</li> <li>▪ Dehydration (prevention and consequences)</li> </ul>	Active participation	Group
	<p align="center"><b>Organization and communications</b></p> <p>Know and provide communication rules for a group excursion.</p>	<ul style="list-style-type: none"> <li>▪ Hold a safety briefing before going out on the water</li> <li>▪ Know the three international signals that can be made with their arms or the paddle</li> <li>▪ Know the two signals that can be made with a whistle</li> <li>▪ Know and apply the buddy system</li> <li>▪ Stay within earshot at all times</li> </ul>	Active participation	Group
	<p align="center"><b>Injury prevention</b></p> <p>Be familiar with safety habits and behaviours.</p>	<ul style="list-style-type: none"> <li>▪ Demonstrate three of the following procedures safely: technique, caring for equipment, appropriate clothing, appropriate transportation, adequate physical condition</li> <li>▪ Demonstrate a safe attitude on land and water</li> <li>▪ Demonstrate technique that is both safe and effective</li> <li>▪ Realize the importance of warming up (beginning of the activity) and stretching (end of activity)</li> </ul>	2 out of 4	Continuously
	<p align="center"><b>Safety practices</b></p> <p>Learn safety concepts during a group excursion.</p>	<ul style="list-style-type: none"> <li>▪ Work as a team when loading, unloading and moving kayaks</li> <li>▪ Ensure that all participants properly understand the proposed route (distance, schedule, difficulties, Plan B, etc.)</li> <li>▪ Know each participants' strengths and weaknesses</li> <li>▪ Know where to find a first aid or repair kit during an excursion</li> <li>▪ Know the importance of good hydration at all times</li> <li>▪ Find out participants' health conditions (allergies, medication, physical limitations, etc.)</li> <li>▪ Communicate weather forecasts and act accordingly</li> <li>▪ Establish and communicate safety concepts before departure</li> <li>▪ On the water, stay within earshot and use the buddy system at all times</li> <li>▪ Know how to position oneself on the water to paddle with a group</li> </ul>	Active participation	Continuously

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	<p><b>Self recovery with paddle float</b></p> <p>After capsizing, re-enter kayak without assistance</p>	<ul style="list-style-type: none"> <li>▪ Maintain constant contact with kayak and paddle</li> <li>▪ Secure paddle float</li> <li>▪ Keep paddle square with kayak</li> <li>▪ Keep low centre of gravity</li> <li>▪ Lean on floating aid at all times</li> <li>▪ <b>RE-ENTER KAYAK IN LESS THAN TWO MINUTES</b></li> </ul>	<p><b>Mandatory skill</b> plus 3 additional skills</p>	<p>Specific exercise</p>
	<p><b>Contact tow</b></p> <p>Demonstrate a tow without the use of a tow line</p>	<p><b>Tower</b></p> <ul style="list-style-type: none"> <li>▪ Take charge of the situation (coordinate kayakers)</li> <li>▪ Maintain verbal and visual contact with towed kayaker</li> <li>▪ <b>EFFICIENTLY TOW KAYAKER OVER A DISTANCE OF AT LEAST 50 METRES</b></li> <li>▪ Pay special attention to safety and avoid injury</li> </ul>	<p><b>Mandatory skill</b> plus 1 additional skill</p>	<p>Specific exercise</p>
	<p><b>Towed kayaker</b></p>	<ul style="list-style-type: none"> <li>▪ Use a firm grip to stay in formation</li> <li>▪ <u>Lean kayak considerably</u></li> <li>▪ Pay special attention to safety and avoid injury</li> </ul>	<p>Active participation</p>	<p>Specific exercise</p>
	<p><b>Towing with a towline</b></p> <p>Know how to tow a kayak using a tow system or towline</p> <p><i>Note: Under the instructor's supervision, participants can use a throw bag to understand its limitations</i></p>	<p>Experiment with towing using a tow system</p> <ul style="list-style-type: none"> <li>▪ Take charge of the situation (coordinate kayakers)</li> <li>▪ Maintain verbal and visual contact with towed kayaker</li> <li>▪ Tow kayaker over a distance of at least 100 metres</li> <li>▪ Know the difference between a throw bag and tow system</li> </ul>	<p>Active participation</p>	<p>Specific exercise</p>



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<b>SAFETY</b>	 <p><b>Eskimo recovery</b> Rescuer Give immediate assistance to a capsized kayaker</p>	From an angle and parallel position	<p><b>Kayaks should be at least five metres apart</b></p> <p><b>Angle</b></p> <ul style="list-style-type: none"> <li>Move quickly while controlling angle (45 degrees or less) and contact speed</li> <li>Slip the tip of the blade into the kayaker's hands</li> </ul> <p><b>Parallel position</b></p> <ul style="list-style-type: none"> <li>Move quickly to the side of the kayak</li> <li>Rap on the hull with hand or paddle</li> <li>Place own paddle square with kayaks</li> <li>Grasp hand located between the two kayaks to guide it to the paddle</li> <li>Manage the space and the contact between the two kayaks</li> </ul>	4 out of 7	Specific exercise
		From an angle and parallel position	<ul style="list-style-type: none"> <li>Remain at least 6 seconds in overturned kayak</li> <li><b>RAP ON HULL THREE TIMES THEN CALMLY WAVE ON EACH SIDE OF THE HULL</b></li> <li>Grasp the tip of the kayak and position it at chest level or grasp the paddle to hoist self</li> <li><b>USE HIP SNAP TO RIGHT KAYAK, WITH HEAD EXITING WATER LAST</b></li> <li>Strive to keep contact with paddle</li> </ul>	<b>Two mandatory skills</b> plus 1 additional skill	Specific exercise
	 <p><b>T-rescue in deep water</b> Rescuer Take charge of rescue</p>		<ul style="list-style-type: none"> <li>Gradual approach (need kayaker's cooperation)</li> <li>Ask kayaker to right his kayak</li> <li>Place and appropriately secure paddles</li> <li>Hoist kayak by the bow</li> <li>Turn kayak over when it is over coaming (keeping torso vertical and keeping load close to body)</li> <li>Keep solid grasp on both kayaks while kayaker climbs onto his kayak</li> <li>Help kayaker until he is ready to resume paddling</li> <li><b>PERFORM RECUE IN UNDER TWO MINUTES</b> (after first physical contact)</li> </ul>	<b>Mandatory skill</b> plus 4 additional skills	Specific exercise
		 <p>Rescued kayaker Re-enter kayak with rescuer's assistance</p>		<ul style="list-style-type: none"> <li>Describe own situation (presence of injuries, etc.)</li> <li>Listen carefully to rescuer's instructions</li> <li>Maintain constant contact with one of the kayaks</li> <li>Keep paddle until he gives it to the rescuer</li> <li>Re-enter kayak unassisted in a horizontal position</li> <li>Maintain low centre of gravity at all times</li> <li>Remain calm (no hurry, able to speak)</li> </ul>	4 out of 7