

SEA KAYAKING – LEVEL I

Course objective	To provide a safe and enjoyable one-day introductory workshop. Give paddlers with little or no experience the basic theoretical and practical knowledge to paddle in calm water (without tide currents) in a solo kayak. Assess their application of the techniques.
Prerequisite	None.
Length	1 day (minimum 7 hours).
Equipment	Decked kayak 13 feet or longer, with two waterproof hatches. Suitable paddle, spray deck, clothing appropriate for water temperature, change of clothes. 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. <u>Note:</u> It is recommended that those who wish to purchase the equipment buy a tow system rather than a throw bag or floating rope, because it will be used in the next levels.
Ratio	6 participants to 1 instructor.
Location and conditions	Sheltered water (wind under 12 knots) with several landing options.
Assessment	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, one "Progressing" rating may be acceptable except for wet exits, which involve participants' safety. When skills are not successfully demonstrated, they may be retested 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.
Certificate	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.

SEA KAYAKING LEVEL I ASSESSMENT CRITERIA

THEME	SPECIFIC OBJECTIVES	SKILLS	MINIMUM CRITERIA	EVALUATION
TECHNIQUE	<p>Transporting and handling a kayak</p> <p>Watch how to properly strap a kayak to the roof of an automobile.</p>	<p>Demonstrate and explain the use of:</p> <ul style="list-style-type: none"> At least three separate fastening systems (attach the kayak to two rack bars or a similar system, placing the front end of the kayak at the front of the vehicle) Always tie down the end positioned at the front of the vehicle (fibreglass), or tie down both ends (plastic) Name the important anchoring points Tie a red flag to the rear if the kayak extends more than one metre from the rear of the vehicle 	Know how to use the three separate fastening systems	In teams of two
	<p>In teams of two, carry a kayak from the vehicle to the launch area.</p>	<ul style="list-style-type: none"> Demonstrate good communication Bring load close to body to avoid straining shoulders Demonstrate a solid hold when lifting under the hull and using grab loops Lift load with knees bent and back straight Control pace at all times 	3 out of 5	Beginning and end of training
	<p>Adjust kayak</p> <p>Make the necessary adjustments to ensure own comfort and safety</p>	<ul style="list-style-type: none"> Adjust footrests so that legs are properly positioned (rudder in neutral position) Adjust the seatback or back rest Ensure that spray skirt is properly fitted to the coaming Ensure that hatch covers are waterproof and properly adjusted 	Active participation	Throughout training session
	<p>Launching and landing</p> <p>Perform a wet entry and exit, alone or in teams of two, and attach spray skirt.</p>	<p>Pair</p> <ul style="list-style-type: none"> Choose an appropriate launch site Communicate clearly and effectively Ensure kayak is completely afloat Stabilize kayak efficiently 	Without capsizing	Throughout training session
		<p>Solo</p> <ul style="list-style-type: none"> Choose an appropriate launch or landing site Push off bottom using the blade's back face Paddle as lightly as possible Control the kayak's stability 	Without capsizing	Throughout training session
	<p>Balance</p> <p>Demonstrate a kayak roll without capsizing.</p>	<ul style="list-style-type: none"> INITIATE AND CONTROL ROLL USING HIPS AND KNEES Keep upper body stable and over centre of gravity while rolling 	Mandatory skill	Throughout training session

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TECHNIQUE	<p>Forward paddling</p> <p>Travel 100 metres in a straight line mainly by propulsion</p>	<ul style="list-style-type: none"> Keep torso erect and directly over seat Place paddle at a 45 degree angle Keep arms straight and stationary (but not locked) Twist torso slightly Release water at hip level 	3 out of 5	Throughout training session	
	<p>Reverse paddling</p> <p>Travel backwards 20 metres in a straight line</p>	<ul style="list-style-type: none"> Rotate torso Reach back and put paddle in water just slightly behind hip line Use back face of blade Push water along hull Release water between hip and knee level 	3 out of 5	Specific exercise	
	<p>Stop</p> <p>Immobilize kayak from a travel position.</p>	<ul style="list-style-type: none"> Keep torso straight and directly over seat Keep paddle in propulsion position Alternate strokes from side to side Ensure that blades are completely submerged but far from kayak Use four strokes at the most 	3 out of 5	Specific exercise	
	<p>Forward and reverse sweep</p> <p>Using circular paddle strokes, make kayak pivot from a static position.</p>	Forward sweep	<ul style="list-style-type: none"> Fully extend leading arm Rotate torso while paddling Paddle in a semi-circular motion Execute full stroke from front to back Demonstrate slow and quick paddle strokes, without splashing 	3 out of 5	Specific exercise
		Reverse sweep	<ul style="list-style-type: none"> Insert blade at a 45 degree angle behind kayak, power face up Initiate stroke with elbows at shoulder level (to protect shoulders) Fully extend leading arm Paddle in a semi-circular pattern Demonstrate slow, powerful paddle strokes, without splashing 	3 out of 5	Specific exercise
	<p>Draw stroke</p> <p>Steer kayak sideways</p>	<ul style="list-style-type: none"> Torso is considerably rotated, with shoulders facing the desired turning side Keep paddle shaft as vertical as possible Keep blade completely submerged when performing stroke Lift paddle from water alongside kayak Initiate movement from hips 	3 out of 5	Specific exercise	
	<p>Low brace</p> <p>Use a support stroke to increase stability (waves, glancing over shoulder).</p>	<ul style="list-style-type: none"> Place arms in appropriate position, elbows high in preparation for support stroke Place kayak in lean position without causing instability Use blade's back face for support stroke Blade should exit by the edge at a 90 degree angle, square to the side of the kayak Lift tip of blade last 	3 out of 5	Specific exercise	

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THEORY	<p>Kayak</p> <p>Become familiar with different types of hulls and their properties in water, and learn sea kayaking terminology</p>	<ul style="list-style-type: none"> ▪ Know five kayak parts ▪ Know three types of stability (primary, secondary and directional) ▪ Know the importance of watertight hatches ▪ Know the importance of a deck line ▪ Describe the pros and cons of two (2) types of material used in kayak construction 	Active participation	Group
	<p>Paddle</p> <p>Know the different parts and characteristics of a paddle</p>	<p>Know the following parts of a paddle:</p> <ul style="list-style-type: none"> ▪ blade ▪ shaft ▪ power face ▪ back face ▪ edge 	3	Group
		<p>Know the following:</p> <ul style="list-style-type: none"> ▪ Difference between a right feathered and a left feathered paddle ▪ Average size for solo and duo ▪ Advantages of a small blade ▪ Advantages of a large blade 	2 out of 4	Group
	<p>Safety equipment</p> <p>Know the mandatory regulated equipment (<i>Canada Shipping Act</i>) as well as the recommended safety equipment.</p>	<ul style="list-style-type: none"> ▪ NAME THE SIX (6) ACCESSORIES REQUIRED BY CURRENT REGULATION (vessels of 6 metres or less) ▪ Know the mandatory accessories for kayaks over 6 metres ▪ Know when to use a position light ▪ Name two (2) safety accessories that are not mandatory but highly recommended ▪ Know the importance of filing a paddling plan 	Mandatory skill plus two additional skills	Throughout training session
<p>Equipment maintenance</p> <p>Know basic rules</p>	<ul style="list-style-type: none"> ▪ Know how to protect equipment from sand and salt ▪ Know how to protect equipment from UV rays ▪ Prevent equipment loss due to wind and waves ▪ Avoid scratching hull at all times ▪ Know what repair equipment to bring on a kayaking excursion 	Active participation	Throughout training session	

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THEORY	<p>Clothing</p> <p>Know the basic characteristics of appropriate clothing for different water temperatures and weather conditions.</p>	<ul style="list-style-type: none"> ▪ Name three UV protection methods ▪ Explain why kayakers should wear shoes ▪ Know how isothermal neoprene clothing functions ▪ Know the difference between thermal shock and hypothermia ▪ Explain and use the principle of layering 	Active participation	Throughout training session
	<p>Assessment of water conditions</p> <p>Know that water bodies are classified into zones, and learn the fundamentals of assessing water conditions.</p>	<ul style="list-style-type: none"> ▪ Know the difference between zone 1 and zone 2 ▪ Name three characteristics of zone 1 ▪ Observe wind variations (force and direction) and cloud cover ▪ Be aware of other paddlers ▪ Be aware of drift caused by wind or currents ▪ Be aware of wave direction 	Active participation	Group
	<p>Resources</p> <p>Know the various organizations that control and develop kayaking, and the various reference documents.</p>	<p>Know the following organizations and documents:</p> <ul style="list-style-type: none"> ▪ FQCK: information (maps and publications), courses, <i>Sentier maritime du Saint-Laurent</i> ("routes bleues" networks) ▪ <i>Guide de pratique et d'encadrement sécuritaire en kayak de mer</i> ▪ <i>Safe Boating Guide</i> ▪ <i>Sea Kayaking Safety Guide</i> ▪ Canadian Coast Guard ▪ Dany Coulombe's technical manual, sea kayaking magazines and videos 	Active participation	Throughout training session

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SAFETY	<p>Injury prevention</p> <p>Be familiar with safety habits and behaviours</p>	<ul style="list-style-type: none"> Understand the importance of warming up (increase body temperature) Store paddle in kayak during stops on land Wear PFD even when transporting kayak Lift loads using legs and not back Follow safety principles on land and water Understand the impact of proper technique on safety and efficiency 	Active participation	Throughout training session
	<p>Safety on water</p> <p>Learn safety principles when travelling in a group</p>	<ul style="list-style-type: none"> Remain within earshot at all times when travelling on water Adequately understand the proposed itinerary (distance, schedule, difficulties, Plan B, etc.) Take into account each paddler's experience Know and use the buddy system when necessary Establish and communicate safety concerns before departure 	Active participation	Group
	<p>Wet exit</p> <p>Exit kayak methodically</p>	<p>Controlling the paddle is encouraged but not mandatory at this level</p> <ul style="list-style-type: none"> LEAN FORWARD BANG THE HULL THREE (3) TIMES WHEN KAYAK IS UPSIDE DOWN EXIT SLOWLY ONCE OUT, MAINTAIN DIRECT CONTACT WITH KAYAK 	Must pass the four points, otherwise participant fails Level I	Specific exercise
	<p>T-rescue</p> <p>Rescuer</p> <p>Manage recovery</p>	<ul style="list-style-type: none"> Check swimmer's state before approaching (gradual approach) Take control of the situation and clearly communicate instructions Take up position at the bow of the upturned kayak Pull kayak to the level of the coaming and then turn it over to empty it (do not extend arms over water) Maintain a solid hold on both kayaks while capsized paddler climbs onto kayak Assist paddler until spray skirt is in place 	4 out of 6	Specific exercise
	<p>Rescued kayaker</p> <p>Re-enter kayak with rescuer's assistance</p>	<ul style="list-style-type: none"> Describe state (injury, etc.) Listen carefully to rescuer's instructions Maintain constant contact with kayaks Maintain horizontal position when re-entering kayak Keep low centre of gravity when mounting kayak hull 	3 out of 5	Specific exercise
	<p>Raft technique</p> <p>Line up several kayaks in a raft formation</p>	<ul style="list-style-type: none"> Coordinate actions with other paddlers (communicate instructions) Maintain a solid raft formation by firmly gripping coamings Secure paddles properly Raft structure is properly oriented when it directly faces or has its back to the wind or waves Know how to exit raft formation 	Active participation	Specific exercise