




## Women on the Water: The Next Step

Course Information - This series follows the Paddle Canada Level 1 Curriculum









This course runs in Class-1 conditions which are described as:

Non-challenging waters with mild wind effect (0-20 km/h or 0–11 knots), little or no current (0-1 km/h or 0–0.5 knots), uninterrupted easy landing options, and ready access to land-based assistance. Sea state is calm to light chop.











### Re-entry Skills

-  Solo re-entry
-  Assisted re-entry
-  Towing

### Paddling Skills

-  Launching and landing
-  Forward and reverse strokes
-  Stopping
-  Sweep stroke
-  Draw stroke
-  Low brace
-  Stern rudder
-  Edge control

### Knowledge


-  Equipment and equipment care
-  Communication
-  Route planning and basic navigation techniques
-  Half day kayak journey
-  Weather
-  Sea state
-  Risk assessment and mitigation
-  Cold issues and sun safety
-  Impact of kayakers on the environment
-  History and heritage

 Vehicle boat tie down

 Kayaking community and resources


#### Course Prerequisites

#### **Certification**

 Paddle Canada Basic Kayak skills certification or equivalent skill and knowledge at the discretion of the course director.

#### **Paddling Experience**

 Five kayaking excursions (2 or 3 hours) in class-0 conditions.

 Can execute a controlled wet exit in class-0 conditions.

 Can perform a simple assisted re-entry in class-0 conditions.