Paddle Canada Sea Kayak Level-1 Skills

Level-1 Skills is a two and a half day certification course that moves participants beyond flatwater kayaking and into the sport of sea kayaking.

The course is conducted in slightly rougher water than Basic Kayak, aiming to develop the paddler's comfort. There is a strong focus on re-entry techniques as well as the skills required to safely plan and execute a day trip with friends (for example, navigation & route planning, weather interpretation, proper clothing/gear).

Course Overview

Course Length:

19 hours of instruction (Over 2.5 days).

This course runs in Class-1 conditions around the Comox Valley, 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
- Ready access to land-based assistance
- Sea state is calm to light chop

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.

Course Topics

Re-entry Skills

- Unassisted 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 interpretation
- Sea state assessment
- 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

What We Provide

Participants will be provided with the following Transport Canada-required gear:

- Kayak
- Paddle
- Lifejacket with whistle
- Throw bag
- Bailing device

If you have your own lifejacket, we recommend bringing it for a better fit and increased comfort.

What to Wear

- Quick-dry clothing (avoid jeans or cotton); dress similarly to what you would wear for jogging or biking
- Appropriate clothing for weather conditions
- A change of clothes (leave them in your car for after class)

- Water shoes or sandals that secure to your feet and provide traction on rocky beaches or boat ramps (flip-flops are not recommended)
- Wetsuits will be available for the rescue portion of class

What to Bring

- A light jacket (for cooler weather)
- A hat
- Sunscreen
- A water bottle

Where to Meet

Location: Locations will vary throughout the course depending on the conditions, to ensure participants are exposed to a variety of conditions.

Please arrive **10 to 15 minutes early** to allow time for parking and to complete a liability waiver.

Upon Completion of the Course

Upon successful completion of the course, students will be able to confidently paddle in Class-1 conditions in the company of one or more paddlers with similar skills and knowledge.

Contact Information

For further questions, please email: **lessonstours@comoxvalleykayaks.com**
For urgent inquiries, please call or text **Viki @ (306) 230-4030** (text preferred).

We look forward to seeing you on the water!