

Level-3 Skills Course: seamanship and leadership in multi-day touring

Basic Course information Package
Expectations, Syllabus and Schedule

Course # 80039

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Paddle Canada

Level-3 Skills Course # 80039

Seamanship and Leadership in Multi-day Touring

Location, Costs, Logistics

Location:	Sleepy Hollow, Sudbury and the North Channel, Whales Back
Dates:	September 10-17, 2023
Cost:	\$925.00
Accommodation:	Tenting.
Meals: *	Participants responsibility. Cooking on trip – if you would like to pair up in food groups with other participants let us know. Arrival day dinner provided.
Allergies:	Any food or other allergies MUST be identified to the entire group well before the course so that no hazardous foods are brought to the programme. This information must also be shared with course staff prior both verbally and on trip med forms.
Instructors:	Rick Wise – Level 3 Instructor trainer, Level 4 Instructor, Level 4 skills

See contact information at the back of this document to reach the above instructors.

Registration:

Please contact us for application info. Once registered, you will be sent a package that will contain basic info about Horizons Adventures, including a waiver of liability, registration and medical forms (also available at <http://www.horizonsadventures.ca>)

What to Bring:

Please use the specific gear and clothing list in this document at the end ([see last page](#)) and in addition, please bring the following:

- trip log of past paddling experience
- kayak rescue/safety gear and reference materials that you use
- pen, paper or notebook (a waterproof notebook/pencil is handy)
- camping/cooking gear
- Appropriate Maps/Charts and Navigation Aids

Horizons Adventures

Paddle Canada Level 3 course outline Sept.2023

Pre-Course Homework

These items should be completed prior to course. You will then have an opportunity to fine-tune them during the course and will be asked to submit them on the last day of the course. This is on the honour system. That's how you learn! Also, we will ask you about other topics than your chosen ones as you should be conversant in all topic areas.

#1 Develop a trip plan and float plan (min. 1 page):

- trip-context
- location
- basic risk assessment
- resources required

#2 Begin a Course Log with detailed weather observations for three days leading up to course: what weather we can expect for Day 1 and 2 of the course. Your observations might include air and water temp; humidity; pressure; wind speed and direction; sea state; cloud cover (height / density) and precipitation. This log should be updated daily during course. Finally, obtain and record the marine weather forecast from Environment Canada in the following web locations provided here. (http://weather.gc.ca/marine/index_e.html, and <http://www.windy.com>)

#3 Develop a Camp Kitchen Plan to include (min. 1.5 pages):

- components of a safe, effective camp kitchen area
- recipe for one evening meal including: nutritional values; quantities; ingredients; cooking method; fuel consumption; presentation; packing plan; waste disposal; dishwashing method

#4 Navigation Exercise –

Complete the Navigation exercise provided.

- 1. Using the required maps and charts for the course area, develop a 2-day trip plan and float plan (min. 1 page):** Chart 2257 Clapperton to John Island (1:40 000); Chart 2268; Chart 2299 Clapperton Island to Meldrum Bay (1:80 000); Topo Map 41/J2 Algoma, and 41/J1 Spanish
- Trip-context
- location
- basic risk assessment
- resources required.
- 2. Navigation Questions on page 14**
- 3. Navigation Assignment NKC-**
- 4. Review all course materials and lists.**

The seven Leave No Trace Principles are:

- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find
- Minimize campfire impacts
- Respect Wildlife

- Be considerate of other visitors

Expectations for Participants

Be prepared upon arrival.

- have fitness and energy to go full out for 7 days with fun and vigour.
- **Explicitly identify to the group any current severe allergies/medical conditions that we should know that may affect your participation or that might be compromised/endangered by the group being unaware - don't rely on a medical form - communicate!**
- manage time safely and effectively i.e. - be on time, organized and prepared
- demonstrate high quality level 3 skills
- read widely on all aspects of sea kayaking above recommended texts
- show enthusiasm for learning that motivates students to excel
- accurately assess your personal skill-set and abilities as a paddler and instructor

Required Outcomes for Successful Completion

- Demonstrate effective leadership and decision-making skills
- assess and affect constructive change in group dynamics to ensure group safety and growth
- provide context and application for all level 3 course components
- Understand/apply accepted principles of risk assessment/management as they apply to all aspects of course.
- Demonstrate effective application and understanding of no trace camping techniques
- Demonstrate effective application and understanding of waste management, hygiene and water treatment.
- Demonstrate proper food preparation and nutrition for overnight.
- Set up an effective group camping area including precautions against pests
- Demonstrate effective temperature control through use of clothing
- Demonstrate command of all paddle strokes and rescues.
- Demonstrate use of effective time management in travel plans
- Demonstrate effective use of navigation skills using maps/charts, compass and/or GPS
- Demonstrate effective packing and loading skills

Format

During this 7-day course, there will be a multi-day trip on open water. The course will start at a base camp with access to internet and car camping. **Dinner on arrival day will be provided.** Be prepared for full days and evening sessions. Participants will be responsible for planning, packing, cooking their own meals on trip and are encouraged to partner up to share in these tasks (we can help co-ordinate this if you ask us in advance). You're welcome to arrive the day before to get oriented as we're starting at 8 am on the first day.

Schedule

Day 1

Meet at 28 Sleepy Hollow Rd, Whitefish (strongly suggest arriving the night before and camping. Have regular clothing on and paddling gear/clothing ready to go)

- Welcome - course admin and overview schedule
- **Paddling in current**
 - SK 3 paddling skills tune-up - control and propulsion -!!
 - SK 3 Rescue skills tune-up/rolling in current
 -

Day 2

- **Prepare for departure for Coastal trip:**
 - Trip prep- menu planning - gear prep - group and personal
 - Leadership assignments
 - Route planning
 - Safe travel policy/signalling
 - Risk management
 - Evening instructor sessions
 - Take up Navigation exercise.

Day 3,4,5 & 6

- Campsite and camping protocols and practices
- On water skills and rescues
- Theory Presentations
- Rescues and Crises management
- Travel and Navigation practice and challenges

Day 7

- Depart the Channel and return to Launch.
- Loose ends
- Debrief and assessment review.

Theory Topics (As they apply to Level 3 environment.)

- ☐ Navigation/route planning
- ☐ Weather interpretation
- ☐ Communication strategies pre, during and post course for instructors
- ☐ Decision making - safety vetoes - when it all sounds good but you feel it's not going to work, and nobody wants to be the one to say it.
- ☐ Risk management

Level 3 Detailed Topics and Activities
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Rolls and rescues

- Towing
- Hand of god
- Bow rescue
- Re-enter and roll
- Extractions

Leadership and group management

- Preparation
- Risk management
- Group management
- Crisis management
 - Incident management
 - Lost and found
- Decision making

Paddling Injuries:

- identification, prevention, treatment (except heat issues)
- Heat issues:
 - Hypo- and hyperthermia identification, prevention, treatment

Gear

- Planning & Packing Strategies for Multi-Day Trips
- Boat Pack
- Load/Trim/Rescue Gear Considerations
- **Boat Repair/Maintenance**
 - Design - contents/design for what purposes
 - common failures and fixes

Clothing for Paddling:

- preparation/strategies for a variety of paddling conditions
 -

Camping

- Tarpology: Design - Function - Set up -Adjustment to Changing Conditions
- Camp Set Up- Cooking issues
- Environmental/Hygienic/Safety/

Strokes and boat handling

- Moving sideways
- Moving forward
- Turns and Pivots
- Braces and corrective strokes.
- Paddling in current/Surf/Rocks

Seamanship

- Weather - Application to route planning
 - Lightning
 - Formation/Assessment/Management
 - air mass and frontal weather and precipitation
 - Jet stream - formation/effect
 - Forecasts/personal observations/Current Conditions to assist trip plan
 - Winds, Waves & Current How generated - shoreline effects - effects on paddling conditions
- Reading the water
 - Tides & Currents:
 - Using tide & current tables in route planning & predicting risks & benefits en-route
 - Rips, Surf, Wave
- Navigation
 - Route planning & navigation using charts & maps - access & egress
 - Charts - Aids to Navigation,
 - identify hazards en-route - collision regulation
 - Applied DED reckoning
 - Night Paddling: issues in management of a night paddling adventure
 - piloting,
 - ranges/transits, triangulation exercise

Kayak History

Development of Aboriginal and Recreational Paddling

Paddle Canada Level 3 Syllabus from Manual

Aim

The participant in Level-3 will

- Develop practical leadership, risk assessment, decision-making, judgment, group management, and seamanship, in the context of a multi-day journey.
- Participate in a multi-day journey that includes changing conditions and varying terrain.
- Develop the skills necessary to lead a small group of paddlers on an overnight journey.
- Develop the skills outlined in Level-2 to a higher standard of proficiency.

Prerequisite

- Paddle Canada Level-2 Skills certification or equivalent skill and knowledge.
- Tripping experience: extended trips of 2 or more days totalling 10 overnights.
- Wilderness First Aid (16 hours) with CPR is strongly recommended.
- VHF radio operator's license is recommended.
- Bronze Medallion swimming and life saving (or equivalent) is recommended.

Suggested Reading list

- Complete Sea Kayak Touring, Jonathan Hanson.
- Handbook of Safety and Rescue, Doug Alderson & Michael Pardy
- Sea Kayak Navigation Simplified, Lee Moyer.
- Living with Weather, Owen Lange.
- Deep Trouble, Matt Broze and George Gronseth
- Sea Kayaker's Handbook of Safety & Rescue - Doug Alderson & Michael Pardy
- Complete Sea Kayakers Handbook - Shelly Johnston
- The Essential Sea Kayaker - David Seidman
- Wind, Weather & Waves - Environment Canada
- Weather Predicting Simplified - Michael William Carr
- Outdoor Leadership - John Graham
- Fundamentals of Kayak Navigation - David Burch
- Wilderness Crisis Management - Jim Raffan
- Canadian Aids to Navigation - Department of Fisheries and Oceans
- Chart 1 - Canadian Hydrographic Service
- Sample tide/current atlas or chart - Canadian Hydrographic Service

Useful Websites

http://www.weatheroffice.gc.ca/marine/index_e.html
<http://www.weather.com/> (weather.com)
http://www.weatheroffice.gc.ca/jet_stream/index_e.html (Canadian Weather at a Glance)
<http://www.windy.com>

If you have a favourite resource website link, please tell us and we'll share this with the other course participants and instructors.

Conditions

Moderate winds (12-19 knots) combined sea state near 1-metre with a moderate, occasionally rough sea state. Surf near 1-meter. Current < 3 knots. **Class-3 environment:** Exposed water, with more committed crossings and any combination of the following: moderate to strong currents with turbulence (≥ 3 knots), moderate to strong wind effects (12–19 knots), ocean swells and a combined sea state near 1 meter with occasional rough sea state. Difficult but frequent landing opportunities, surf-beaches with surf up to 1 meter. Delays in access to land-based assistance are expected.

Assessment

The activities in Level-3 focus on leadership, risk-assessment, decision-making, judgment, group management, and general seamanship in the context of a multi-day journey. Well-developed skills such as a strong forward stroke, effective bracing, manoeuvring control in waves or current, rescue skills including rolling and towing are necessary at this level.

Overview

Rescue Skills

- tows using contact, short and long Line
 - Rescue Theory
 - Self/Assist Re-Entries
- Exercise scenarios must engage the necessary decision-making to maintain or improve the safety of the entire group and should include:
 - Typical, yet uncommon difficulties such as seasickness, shoulder injuries, broken paddles, panic, fear, and hypothermia.
 - Situations with more than a singular cause and include complexities as multiple capsizes, personal injury, hypothermia, loss of equipment, leaking kayaks, and missing persons.
 - Problems that occur in camp or during launching or landing on shore.
 - In Level-3 the development of a paddler's rescue skills should be practiced in simulated incident scenarios. These scenarios should require the participant to demonstrate leadership and independent thought, working through simulated but realistic situations, making choices and engaging other members of the group to aid in the rescue. Scenarios can extend to include returning an incapacitated paddler to shore and remediation of simulated hypothermia and calling for external assistance.

Rolling

The paddler will practice rolling the kayak in open water calm or choppy sea conditions. A roll on only one side will be required and typically the Participant should be able to complete a roll on demand, 3 out of 4 times. Rolling in open water is a requirement for certification. Attempt an offside roll.

Towing

Choose the most appropriate towing technique and attach a tow to a kayak quickly and effectively. Lead simulated incident scenarios that involved more than one kayak towing. Practice releasing a tow under simulated difficult conditions. Towing exercises should incorporate other rescue skills in realistic simulated rescue scenarios.

- Rescue scenarios should include towing a paddler and kayak away from exposed shore with current or breaking waves. the paddler may be in or out of their boat.
- Towing safety drills should include towing in waves or current and releasing the towline while the line is under stress, or after a capsize.

Paddling Skills

- Control and Propulsion Strokes
- With focus on Symmetry/Timing/Co-ordination and Edge Control

The skill set for Level-3 is the same as listed in Level-2, however, a higher standard of practice is expected. Sea conditions can be choppy and shorelines can be irregular to such a degree that conditions demand quick and effective manoeuvring of the kayak. The paddler must demonstrate quick and effective linking of strokes and manoeuvres for good boat control along a complex shoreline with rocks, kelp, man-made structures or other obstacles. Sea conditions must include breaking waves, current, or other conditions that place moderate demands on the paddler.

Launching & landing

Demonstrate a variety of boat launchings/landings from docks, rocky shores, small surf or other complex situations such as evacuation a victim onto a rescue vessel such as a sailboat or other vessel with significant freeboard.

Forward paddling

Show efficient and sustained forward paddling during a journey of 2 or 3 days.

Bracing

Throughout the course conditions and exercise scenarios should include conditions sufficiently demand that good bracing skills are a necessary asset. Exercises such as sculling for support while capsized are appropriate practice.

Knowledge

The extent of knowledge required for safe paddling at this level is governed by the conditions along a moderately exposed shore with frequent landing opportunities. The following list is not exhaustive and is provided here as a guide to the nature and extent of knowledge necessary for safe and enjoyable paddling in level-3 conditions.

Communication

- Common types of signals - radios, PLB's, EPIRBs, sat & cell phones
- Communicate with the group to establish and maintain a paddling plan. Ongoing changes to the plan must be properly establish and well understood by the group.
- Understand and demonstrate the proper use of a variety of one-way signalling devices such as, paddles, whistles, horns, and mirrors.
- Understand and demonstrate the proper use of a variety of two-way communication devices such as: VHF radios, FRS radios, and cellular phones.

Equipment

Exercise scenarios should include the correct use of a wide variety of equipment such as:

- Appropriate use of rudders and skegs.

- Use of rescue and safety equipment such as deck lines, pumps, signalling devices, and spare paddles.
- Use of a general repair kit.
- Interpretation of charts and maps to plan and execute an extended trip.
- Use various knots such as clove hitch, bowline, figure of eight, and rolling hitch in fixed and quick release applications.
- Organize the gear and packing for an over-night journey.
- Pack a kayak with a secure, balanced and stable load.
- Equipment for safety, rescue and communication must be accessible.
- Prepare a Paddling Plan and an Emergency Response Plan.

Safety Management

- Group management-role assignments
- Skills and Risk assessment
- Communication Plan (including signalling)
- Crisis Management
- Hypothermia -Causes, effects and treatment (e.g., more in-depth understanding, the additional concerns with an overnight trip).
- Describe emergency procedures for communication with Coast Guard, Police and the commercial and public boating community.
- Engage in the necessary decision-making, independently, and with the group, to maintain a safe trip.
- Prepare a campsite for safety and comfort during inclement weather.
- Choose a safe and sheltered camp area that deals with concerns such as:
 1. High and low tide.
 2. Storm surge.
 3. Wildlife trails.
 4. Fire restrictions and hazards.
- Rising river levels.
- Build a safe and functional campsite that deals with:
 - Tent placement and weather proofing.
 - Techniques for raising wind proof tarps.
 - Fire lighting for cooking and emergencies.
 - Sanitary and safe kitchen area.
 - Sanitary and appropriate latrine area.
 - Minimizing the attraction of wildlife.
 - Minimizing environmental impact.

Activities that use safety and rescue equipment can include:

- Exit the kayak and with a simulated injury to a shoulder, access communications equipment and call for help.
- Call a simulated Mayday.
- Call a simulated Pan-Pan.

- In a timely manner, tow a paddler and kayak away from a simulated urgent situation such as near rocks and breaking waves or in current.
- Use of first aid and first aid supplies while on the water and on shore, dealing with injuries such as, leg cramp, an eye struck with a paddle, seasickness, anxiety or fatigue.
- Application of boat repair while on the water and on the shore, such as: repair of broken rudder cables, leaky skeg box, or a lost hatch cover.
- Issues surrounding group life in camp - establishing controls and agreements

Kayaking resources

Use the necessary sources of information necessary for planning and for completing a multi-day journey, such as: tide and current tables, guidebooks, navigation texts, Chart #1, hydrographic charts, topographical maps and global positioning systems.

Journeying & Seamanship

Journeying and seamanship refers to the knowledge, practical skills, equipment preparation, trip planning, risk assessment, decision-making, various judgments, and the actions that occur throughout the planning and completion of a trip.

For successful completion of Level-3, paddlers must have the prerequisite practical skills and equipment in place. Leadership and decision-making activities should dominate the course. The instructor should facilitate group and individual participation in a wide variety of risk-assessment, decision-making and other leadership roles.

Stroke Review

Three Golden rules of paddling

<https://www.youtube.com/watch?v=sjnUIRdelx8>

Edging

<https://www.youtube.com/watch?v=JjvWhQSmFRI>

The Forward Stroke

<http://www.youtube.com/watch?v=pvi7rIlsNRY&feature=c4-overview-vl&list=PL437C13B7D4489670>

The Sweep Stroke

<http://www.youtube.com/watch?v=hj60GiBK9AM&feature=c4-overview-vl&list=PL437C13B7D4489670>

The Draw Stroke and Sculling Draw

<https://youtu.be/E5ClMfoSwBA>

Bow Rudder (or Bow Draw)

<http://www.youtube.com/watch?v=iGmQjKKuh10&feature=c4-overview-vl&list=PL437C13B7D4489670>

Stern Rudder

http://www.youtube.com/watch?v=t_yrg-xkRXM&feature=c4-overview-vl&list=PL437C13B7D4489670

https://www.youtube.com/watch?v=E6uqqdP_Fgo&list=WL&index=40

Bracing

http://www.youtube.com/watch?v=C_ZxLDtiAGc

<https://www.youtube.com/watch?v=oKEwcimVrek>

Bow Rudder (or Bow Draw)

<http://www.youtube.com/watch?v=iGmQjKKuh10&feature=c4-overview-vl&list=PL437C13B7D4489670>

Stern Rudder

http://www.youtube.com/watch?v=t_yrg-xkRXM&feature=c4-overview-vl&list=PL437C13B7D4489670

Bracing

http://www.youtube.com/watch?v=C_ZxLDtiAGc

Low Brace Turn

http://www.youtube.com/watch?v=A0_dPoR2aQ4

High Brace Turn

<http://www.youtube.com/watch?v=ovAyFkTWIzA>

Sea Kayaking TV (Other relevant stroke, rescues, tow etc. videos)

http://www.youtube.com/user/SeaKayakingTV/videos?shelf_index=0&view=0&sort=dd

TIDES AND CURRENTS EXERCISE

Match the following terms with its pair.

Find the odd one out.

Questions-

Neap
ebb
rip
apogee
slack
flow
spring
perigee
high
full moon
low
overfall
new moon

- What is a tide and how is it created?
- How many tides are there per day?
- Do tides go in and out or up and down?
- What is a current?
- What is the rule of 12"?
- Where is the high tide mark on a chart?
- What is a rip?
- What is an overfall?

Nautical Charts

Review the strip charts for the Gulf Islands.

- What unit are depths measured in?
- What is the speed of the average ebb flow through Pimbury Pt on the Porlier Pass to Departure bay chart?
- What is the Magnetic variation on these charts?
- On sheet 3310-3 interpret the channel markers along deep ridge near Swanson channel (approx-Long-125.22, lat 48.48)
- Find the whirl pool in active pass.
- Find the overflow near this whirl pool.
- When would be a good time to be in this channel

Resources

<http://www.waterlevels.gc.ca/eng>

<http://www.waterlevels.gc.ca/eng/data/currents/2018>

<http://www.tides.gc.ca/eng/station?sid=7735>

Required Clothing and Equipment List

Required Cold Weather Clothing

- ☐ Drysuit or Wetsuit
- ☐ neoprene hood and wool toque
- ☐ poggies, neo gloves or neo mitts
- ☐ neo booties
- ☐ synthetic/wool clothing- 3 complete changes layered & thick thermal protection
- ☐ full rainsuit
- ☐ paddling jacket
- ☐ Fall /spring Clothing
- ☐ Long sleeve sun shirts
- ☐ Sandals
- ☐ Sun Hat & Sunglasses

Gear

- ☐ Watertight boat with deck rigging
- ☐ All coast guard requirements (pump, throw bag, etc)
- ☐ paddle float or sponsons or both
- ☐ Waterproof flashlight with spare bulb/batteries
- ☐ Nose plugs/earplugs as required
- ☐ paddling helmet and liner (***)REQUIRED – please ask us if you require one)
- ☐ pens/pencils, notebook, ruler, orienteering compass, deck-mounted compass
- ☐ repair/ouch/personal first aid/emergency kits
- ☐ sleeping bag & pad or mattress
- ☐ tent with tie downs for storm conditions
- ☐ personal eating utensils (cup, bowl, spoon, etc)
- ☐ waterproof map case
- ☐ pfd with knife
- ☐ extra rope
- ☐ goggles - as required
- ☐ glow sticks
- ☐ spare paddle
- ☐ tow system
- ☐ sling -15' loop of non-floating rope
- ☐ watch
- ☐ sunglasses on tether
- ☐ water filtration system
- ☐ 2 spare garbage bags
- ☐ extra cord and shock cord
- ☐ toilet paper
- ☐ personal meds
- ☐ sun cream, lip cream
- ☐ safety tarp

Optional

- ☐ camera
- ☐ binoculars
- ☐ GPS, deck bags, sea anchor

For overnight trip, own gear required which includes tent, sleeping bag and personal clothing - also see list below. In addition, please bring the following:

- ☐ pen, paper or notebook
- ☐ camping gear for overnight trip
- ☐ **special note-you absolutely need a simple orienteering compass, waterproof map case and the local hydro chart and topo map for this area (see reference list)

Instructor Profile and contact information

Rick Wise

Rick has been paddling the North Shore of Lake Huron for over 30 years and Lake Superior for over 24 years. He is a Level 4 paddler and Level 3 Sea Kayak Instructor Trainer for Paddle Canada. He has a University of Waterloo degree in Recreation and Environmental Studies.

Rick now leads expeditions for Horizons Adventures and teaches many of the courses. He has been involved with a number of Northern Ontario programs including part-time teaching at Laurentian University and Cambrian College. Rick is a Senior Instructor for Sirius Wilderness Medicine and is a First Aid and CPR instructor for the Canadian Red Cross.

