

Paddle Canada Level 1 Skills Training



Course Description

The two day (16 hour) Level 1 Skills program provides both knowledge and practical sea kayak training to prepare you for day touring in sheltered coastal waters.

With the successful completion of this course you'll be able to interpret and understand the weather and local geography as it impacts paddles, as well as being able plan and execute day trips in sheltered, and populated areas of the coast.

This program is ideal for new kayakers wishing to grow their knowledge, skill, and confidence so as to be able to enjoy local waters.

Course Prerequisites

Some very basic kayaking experience is recommended. If in doubt please contact us to discuss any concerns.

Course Content

This course is suitable for individuals who wish to explore sheltered coastal waters and become more confident and competent paddlers. There is a heavy focus on learning and practicing physical kayaking skills, as well as knowledge relevant for planning and executing day trips in sheltered coastal waters, including :

- Strokes (forward, sweep, draw, sculling draw, low brace, and more)
- Rescues
- Communication
- Towing
- Safety
- Kayaking Resources
- Weather

What to Bring

In order to maximize success and comfort during the course, please bring the following:

- Wet suit or other clothing appropriate for paddling
- Sun protection (Sunglasses, hat, sunscreen)
- A complete change of warm clothing (no cotton, wool or synthetic are best)
- Rain gear
- Toque
- Water
- Lunch and snacks suitable for eating while on the water
- Pen or Pencil and a Notebook