



Overview of Skills Courses

Flatwater (8 hrs)

Introduces the novice to paddling in enclosed sheltered waters and calm conditions. Skills covered include a controlled wet exit, forward & turning strokes, assisted reentry, and the introduction of an Eskimo rescue.

Level-1 (12 hrs)

Provides the theory and skills for a daylong sea kayaking trip in sheltered waters and light winds. Includes: controlled wet exit, efficient forward & turning strokes, edging, introduction to bracing, unassisted re-entry, and Eskimo rescue.

Level-2 (4 days)

Provides the theory and skills for proficient kayaking at sea in moderate open sea conditions, including overnight camping. Includes: touring, risk assessment, efficient bracing, sculling for support, combined strokes, sustained paddling, introduction to rolling, kayak tripping with overnight camping, moderate winds and sea conditions.

Level-3 (4 days)

Provides the opportunity to develop leadership, risk-assessment, decision-making, judgment, group management, and general seamanship in the context of a multi-day journey.

Level-4 (5 days)

Provides the theory and skills for leadership in kayaking at sea in advanced conditions, open ocean, during extended periods. Includes overnight camping, rolling at sea, strong wind, ocean swell, surf landings, and strong current.



Flatwater Skills

Aim

Flatwater introduces the novice to paddling a kayak in calm sheltered water. Rescue techniques at this level incorporate the use of a paddling partner and it is essential for all Flatwater certified paddlers to travel on the water with others who have been trained in the techniques of assisted rescues.

Prerequisites

None

Course length

8 hours minimum

Class ratio

1 instructor: 6 participants

Location

Enclosed and sheltered with easy landing options immediately present. This course can be conducted in a pool.

Conditions

Wind calm (< 8 knots) Sea state calm to rippled

Overview

Rescue skills

- Wet Exit
- Retrieving a swamped Kayak
- Eskimo rescue
- T-Rescue
- Rafting

Paddling skills

- Lifting and carrying a kayak
- Forward and reverse paddling
- Forward and reverse sweep strokes
- Draw Stroke
- Low Brace
- Edging

Knowledge

- Boat Design
- Boat Outfitting
- Clothing
- Safety Equipment
- Paddles
- Injury Prevention
- Equipment Care
- Kayaking Resources



Level-1 Skills

Aim

Level-1 provides the skill and knowledge necessary for day-long sea kayaking trips in sheltered waters (non-wilderness areas). Successful completion of Level-1 indicates competence to paddle a sea kayak within a sheltered bay in the company of one or more paddlers with Level-1 or greater skill and knowledge.

Prerequisites

CRCA Flatwater Skills certification or equivalent skill and knowledge.

Course Length

12 hours minimum

Class ratio

1 instructor: 6 participants

Location

Sheltered waters with uninterrupted easy landing options

Conditions

Light winds (0-11 knots) Current (0-0.5 knots) Sea state calm to light chop.

Overview

Rescue skills

- Eskimo rescue
- Unassisted re-entry
- Assisted re-entry
- Towing
- Communication/signals

Paddling skills

- Forward stroke
- Brace low/high
- Sweep
- Draw
- Stern rudder

Knowledge

- Equipment
- Journeying and seamanship
- Safety
- Kayaking resources



Level-2 Skills

Aim

Level-2 provides the skills and knowledge for proficient kayaking at sea in moderate conditions, on overnight trips along a moderately exposed coastline with frequent easy landing opportunities.

Prerequisites

CRCA Level-1 Skills certification or equivalent skill and knowledge.

Experience: At least 3, one day long, kayaking trips in different locations

Wilderness First Aid (16 hours) strongly recommended

Course length

4 days including 1 overnight

Class ratio

1 instructor: 4 participants

Location

Moderately exposed coastline with frequent easy landing opportunities

Conditions

Moderate winds (12-19 knots), combined sea state less than 1-metre with a moderate sea state. Surf < 1 meter. Current < 3 knots.

Overview

Rescue skills

- Assisted rescues
- Unassisted rescues
- All in rescue
- Rolling
- Towing
- Communication
- Knots

Paddling skills

- Forward stroke
- Sweep forward/reverse
- Reverse stroke
- Low/high brace turn
- Draw/sculling draw
- Low/high brace
- Bow/stern rudder

Knowledge

- Equipment
- Journeying and
- Seamanship
- Safety
- Kayaking resources