

White Squall K1 Camp for Teens 2008 (revised April 08)

2 Course Dates: July 3-4 & July 31-Aug. 1 – Cost \$ 168.

This is an edited version Flatwater Kayak Skills taken from Paddle Canada Manual

Flatwater Kayaking

Aim

To introduce 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

Can Swim 50 M with PFD

Co-ed 12 - 15 yrs old

Course length

2 Days - 8:45 am - 5 pm each day

Class ratio

1 instructor: 6 students

Location

Cole Lake - White Squall Paddling Centre

Conditions

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

Overview of Flatwater sea kayaking

Rescue skills	Paddling skills	Knowledge
<ul style="list-style-type: none">• Wet Exit• Retrieving a swamped Kayak• Eskimo rescue• T-Rescue• Rafting	<ul style="list-style-type: none">• Lifting and carrying a kayak• Forward and reverse paddling• Forward and reverse sweep strokes• Low Brace• Edging	<ul style="list-style-type: none">• Boat Design• Boat Outfitting• Clothing• Safety Equipment• Paddles• Injury Prevention• Equipment Care• Kayaking Resources

Rescue skills

Rescue skill concentrate on the safety of the individual paddler while paddling near shore with easy uninterrupted landing opportunities.

Retrieving a swamped kayak

Participants should be able to swim out 25m to a swamped kayak and swim it back to shore.

Wet Exit

Capsize, tuck forward, reach around boat, bang side of boat three times, move hands back and forth along the hull, pull spray skirt cord, easily come out of the boat and

surface comfortably. The paddler must show confidence and control.

Eskimo rescue

Flip over and without exiting the cockpit, be rescued with the assistance of another paddler; bow, stern, side or paddle presentation may be used.

Completing a Eskimo rescue is not required to pass Flatwater, but it is nevertheless important. Failure to complete a successful Eskimo rescue requires that the candidate demonstrate a higher than average competence in other rescue skills in the course.

T-Rescue

After a wet exit in deep water the victim, with the aid of a rescuer, will empty the cockpit of water by means of a bow tip-out. The victim will re-enter the kayak with assistance from the rescuer, attach the spray skirt and continue paddling.

Rafting

Raft up in a group to form a stable platform.

Paddling skills

Introduce an understanding of the essentials of manoeuvring and control of the kayak. Successful completion of the Flatwater course indicates that the paddler is competent to paddle a sea kayak along an enclosed and sheltered shore in the company of a more skilled partner.

- Lifting and carrying the kayak in a safe and appropriate manner.
- Entering / Exiting the kayak, with the kayak in the water, with the kayak out of the water (beach launch).

Forward Stroke

- Paddle forward 100 meters in a straight line.
- Reverse Stroke Paddle in reverse for 20 meters in a straight line.
- Forward & reverse sweep Pivot turn in both directions.
- Draw Stroke, move the kayak sideways 3 metres.
- Low Brace, simulate a capsize and demonstrate proper low brace technique.
- Edge the boat and paddle 5 meters while on edge.

Knowledge

Participants should be familiar with:

- Different parts of the kayak, the different boat shapes and their effect on the kayak in the water
- Basic outfitting of a kayak for personal fit, control and safety
- Clothing appropriate for paddling a kayak in different water temperatures and weather conditions
- The proper use of basic safety equipment required for kayaking
- The diverse selection of paddles and what each is intended for
- Different stretches and warm-up procedures that can prevent common injuries
- Proper care of the paddle, PFD and kayak

Kayaking resources

Be aware of sources of information such as: the PADDLE CANADA, Provincial Paddling Associations, books, videos, web sites, local clubs and outfitters.

K1 Camp Schedule

Day 1

- 8:30 am – **Meet at the Paddling Centre** for group and instructor introductions and overview of the course. Hot drinks supplied – drinking water available so bring a water bottle
- **Safety equipment** and boat gear – proper fit, **boat outfitting**
- warm up game on lawn –
- **lifting and carrying a kayak**
- seal **launches & landings** off docks & ramps
- intro paddle on lake
- **low brace, sweeps, edging**
- obstacle course game practicing turns

Lunch

- **Clothing for paddling** – teams dressing competition or advertising pitch on why they need this set of clothes...
- **Wet exits**, entries & splash about
- **Retrieving a swamped kayak**
- **Eskimo Rescues** – work slowly through a progression at beach
- **Injury Prevention**

Day 2

- **Boat Design Jeopardy** – two teams go head to head on all questions related to boat design.
- **Paddle Design** – selecting length, size of blade for flatwater kayaking –
- Paddle Roulette Warm Up Game**
Backwards Seal Launches and Reverse Paddling Exercise
- Forward Paddling and Stopping Games**

Break

- T-Rescues and Rafting**

Lunch

- Equipment Care**
- Kayaking Resources**
- Final Practice of on Water Strokes**
- Search & Rescue Finale** – Two teams – Mission is to find 1st via radio contact , then 2nd by visual contact, helpless kayakers in water, get them back in boat, and tow them back to dock – points will be awarded for leadership and safety first and then speed and efficiency.
- final wrap up and farewell.