

## **Paddle Canada Sea Kayak Level-2 Skills**

Level-2 Skills builds on the fundamentals from Level 1, helping kayakers develop the skills and confidence needed for sea kayaking in moderate conditions. It focuses on navigating semi-exposed shorelines with accessible landing spots and prepares paddlers for overnight trips. The course covers essential techniques such as refining the forward stroke, bracing for stability, maneuvering in waves and currents, performing rescues and towing, as well as understanding navigation and weather patterns.

### **Course Overview**

#### **Course Length:**

32 hours of instruction (4 days plus an evening)

- This course runs in Class-2 conditions which are described as:
- Moderately exposed coastline with frequent easy-landing opportunities and short crossings.
- Moderate potential wind effects (22-35 km/h or 12–19 knots)
- Surf of less than 1 meter and a combined sea state of less than 1 metre
- Gentle to moderate non- turbulent currents (< 6 km/h or < 3 knots), and light surf beaches.
- Short delays in access to land-based assistance should be expected.

### **Prerequisites**

- Certification
  - Sea Kayak Level-1 Skills certification **or equivalent skill and knowledge at the discretion of the course director.**
- Paddling experience
  - At least 3, one-day-long kayaking trips in Level-1 conditions in different locations.
- Other training
  - Wilderness first aid (16 hours) with CPR strongly recommended.

### **Course Topics**

#### **Re-entry Skills**

- Unassisted re-entry
- Assisted re-entry
- All-in re-entry
- Bow rescue

- Re-entry exercises or scenarios
- Introduction to rolling
- Towing

### **Paddling Skills**

- Launching and landing
- Forward stroke
- Turning strokes
- Sweep strokes
- Low and high brace turns
- Bow rudders
- Low and high brace
- Draws
- Draw stroke
- Sculling draw
- Hanging draw
- Stern draw and stern pry
- Paddling in rough water

### **Knowledge**

- Equipment
- Introduction to tides and currents
- Wilderness navigation techniques and chart/map work
- Navigation techniques
- Nautical charts and topographic maps
- Other navigation tools or activities
- Weather interpretation and basic forecasting
- Heat/cold issues
- Emergency overnight
- Leadership and decision making
- Risk assessment, incident management and evacuation options
- Kayak knots and rope work
- Transport Canada collision regulations

### **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.
- Wearing clothing will make the experience more realistic. However, if you need to borrow a wetsuit for the rescue portion, please scroll down to contact us—availability of sizes may be limited.
- Appropriate layers for weather conditions
- Water shoes or sandals that secure to your feet and provide traction on rocky beaches or boat ramps (flip-flops are not recommended)

### **What to Bring**

- A light jacket (for cooler weather)
- A hat
- Sunscreen
- A water bottle
- A change of clothes and warm hat (leave them in your car for after your course)

**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-2 conditions in the company of one or more paddlers with similar skills and knowledge.

### **Contact Information**

For further questions, please email: [lessonstours@comoxvalleykayaks.com](mailto: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!