



Paddle Canada Level 1

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.


- **Be prepared** to spend your time on the water and in the sun, rain, wind and everything in between.
- **Fill out all forms.**
- **Sign the waiver** (this must be received by or before the event)

Itinerary

9:00 - 12:00- instruction **12:00-1:00** Lunch **1:00-4:00** – Complete instruction skills and rescues and a short paddle

Meet at Vermillion River location (directions) for introductions, securing valuables, changing and location of washrooms and conveniences. Skill instruction and rescues

Overview

Rescue skills	Paddling skills	Knowledge
<ul style="list-style-type: none"> • Unassisted re-entry • Assisted re-entry • Towing • Communication/signals 	<ul style="list-style-type: none"> • Forward stroke • Brace low/ • Sweep • Draw • Stern rudder • Low Brace Turns • Edging and outside turns 	<ul style="list-style-type: none"> • Equipment • Journeying and seamanship • Safety • Kayaking resources

2nd day Itinerary

Meet for 8:00 am for departure.

Meet at a location agreed upon Saturday.

10:00 - 5:00 pm Arrive at the Harbour. Load the boats and get under way to explore the North Channel. Navigation and skill testing, Total trip about 16 kms

Activities focus on safety and gaining paddling skills for a day trip within a large bay or sheltered shoreline. Issues of mutual safety between paddling partners and judgments of sea conditions throughout the day and out of sight along the shore are included. Paddlers will deal with the concerns for packing a kayak and the gear necessary for a comfortable day trip and solving problems in the field. Paddlers should leave the course encouraged to continue their learning and awareness of their limitations.

WHAT TO BRING

FOR ON/OFF THE WATER (in all weather)

- Quick dry long sleeves and pants in June and September
- Water shoes with toe protection
- **Sunday** -paddling jacket (wind proof & water resistant)
- Sunscreen
- UV blocking sunglasses with retainer band.
- Sun Hat(s)
- Quick dry t-shirt and 1 pair short – (Bathing suit and towel if you want to swim)
- Full Water bottles
- Sturdy, snug fitting shoes for in water use
- Whistle with string
- Small fanny or other bag to store your misc. gear in while on the water.
- ONE complete set of dry clothing that protects you from sun and insects. This includes underwear, socks, long sleeves, pants, warm sweater or pile, wind breaker. Avoid Cotton when selecting cloths for warmth. Sweatshirts and sweatpants are not recommended.

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Directions to Lessons

From Sudbury

- **TBA**

From Espanola/Sault Ste Marie

TBA