



# Naturally Superior Adventures Paddling Centre

## 2011 Sea Kayak Skills 3

### Detailed Course Information

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**2011 Course Date: Tue Aug 23, 7 pm – Sat 27 mid afternoon    PC# 44367**



Course Instructor Erik Ogaard has over 15 years experience in kayak and canoe instruction. Currently he is a level 4 sea kayak skills award, Level 3 Instructor and Level 2 Instructor Trainer awards with Paddle Canada and BCU 4 star award.

He is part of the SKILS sea kayak training group and much of his advanced training has been in British Columbia.

Erik is head instructor for Harbourfront Canoe & Kayak Centre based in Toronto. This is his second year leading the level 3 skills course at Naturally Superior Adventures.

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#### **Introduction:**

Welcome to Naturally Superior Adventures Sea Kayak Skills 3. This four-day course is designed to focus on leadership, risk-assessment, decision-making, judgment, group management, and general seamanship in the context of a multi-day journey. Well-developed skills such as a strong forward stroke, effective bracing, maneuvering control in waves or current, rescue skills including rolling and towing are necessary at this level. We will also have a lot of fun with our boats, water and the group.

Paddling conditions will include an exposed coastline with frequent landing options with moderate winds (12-19 knots), combined sea state near 1-metre with moderate, occasionally rough sea state, surf near 1-meter and current < 3 knots. Failure to experience these conditions during the course may hinder our ability to award the certification.

Topics range from navigation, weather, tides and currents, trip planning, decision making and risk management to paddle strokes, rescues, camping skills, and the ability to lead a group of paddlers. Sessions in the classroom and on the water integrate safety, knowledge and paddling skills in the context of leading a multi-day trip.

The course will be held at Naturally Superior Adventures' Rock Island Paddling Centre, on Lake Superior, adjacent to the Michipicoten River. It will take advantage of the calm, sheltered water inside the mouth of the river, the potential for surf and swell on Lake Superior, and the indoor learning facilities at Rock Island Lodge. The course includes a two night trip along the Superior Highlands, a wilderness coastline stretching west from Rock Island.



#### **Pre-requisites:**

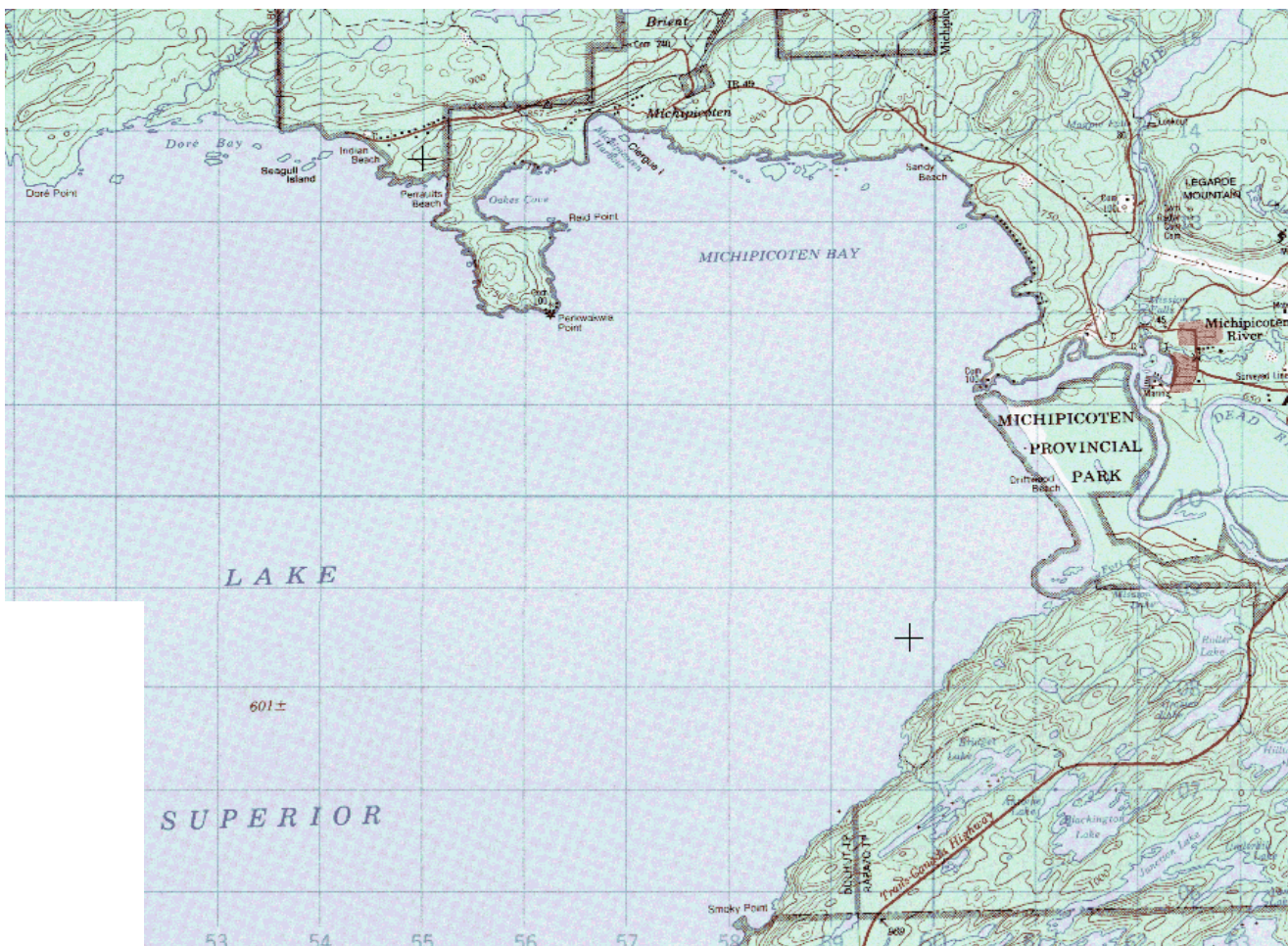
The course pre-requisites include Paddle Canada level 2 skills certification or equivalent and extended sea kayak trip experience of 2 or more days totaling 10 overnights. Wilderness first aid, VHF radio license and Bronze medallion swimming are helpful but not necessary.

To get the most out of this advanced course will need to arrive with honed, well-practiced level 2 skills. The ability to roll is essential. You want to be in good physical condition and comfortable in waves and

bumpy water. A solid understanding of navigation (maps, charts, compasses and how they work together) is helpful.

### Registration:

To register, please complete and return the registration, liability, diet and medical forms at your earliest convenience either by mail, by fax (705-856-7168) or through our interactive forms, available online at [naturallysuperior.com](http://naturallysuperior.com). If you have any further questions, please do not hesitate to let us know.



**NSA is at the mouth of Michipicoten River. Michipicoten Bay and beyond is your lv 3 paddling playground**

### Camping at NSA & Rock Island Lodge

Course participants stay at our beach camping area serviced with outhouses and a small shower building. Accommodation may also be available at our lodge or nearby motels (for information call 1-800-203-9092). When not on trip, meals are served in the lodge kitchen. The kitchen and lodge space are open day and night to participants for snacks, study and relaxation. Please clean up after yourself.

### Typical Meals:

Meals are served in the lodge and are healthy home buffet style and our staff will always welcome some help with clean-up. Everyone is welcome to use the kitchen and lodge space during the evenings for snacks, study and relaxation. Please let us know if you have allergies/preferences.

Breakfast: 7:30 am - 8:15 am ~ Lunch: 12:00 – 1:00 ~ Dinner: 5:30 – 6:30 pm

**On-Trip Meals:** Overnight trip meals are communal and planned and packed by the group on course.

**Level-3 Sea Kayak Skills Course Outline:** Be sure to tell us if there are other things you want to cover.

<b>Skill/Knowledge</b>	<b>Performance targets (What you'll be learning)</b>
Paddling Skills	Learn to demonstrate technically sound Level-2 skills with a higher standard of practice i.e. bumpy waters, currents, irregular shoreline, breaking waves. Paddlers will be able to effectively link strokes and maneuvers for good boat control along a complex shoreline with rocks, kelp, man-made structures or other obstacles.
Rescue Skills	Learn to demonstrate leadership and independent thinking using kayak gear and other paddlers to undertake rescues in a variety of realistic scenarios i.e. seasickness, shoulder injuries, broken paddles, panic, fear, multiple capsizes, loss of equipment, leaking kayaks personal injury and hypothermia. Scenarios may extend to include returning an incapacitated paddler to shore and remediation of simulated hypothermia and calling for external assistance
Rolling	Learn to roll on one side on demand, 3 out of 4 times, in open water, calm or choppy sea conditions. Rolling in open water is a requirement for certification.
Towing	Learn to choose the most appropriate towing technique and attach/release a tow to/from a kayak quickly and effectively in challenging conditions. Skill demonstrated through scenarios including: <ul style="list-style-type: none"><li>• Towing a paddler and kayak away from exposed shore with current or breaking waves with the paddler in or out of their boat.</li><li>• Towing in waves or current and releasing the towline while the line is under stress, or after a capsize.</li></ul>
Launching & landing	Learn to demonstrate a variety of boat launchings/landings from docks, rocky shores, small surf or other complex situations such as evacuation of a victim onto a rescue vessel such as a sailboat or other vessel with significant freeboard
Forward paddling	Learn efficient and sustained forward paddling during a journey of 2 or 3 days.
Bracing	Learn to effectively use bracing skills in rough water conditions. Learn to scull for support while capsized.
Knowledge	The extent of knowledge required for safe paddling at this level is governed by the conditions along a moderately exposed shore with frequent landing opportunities. The following list is not exhaustive and is provided here as a guide to the nature and extent of knowledge necessary for safe and enjoyable paddling in level-3 conditions.
Equipment	Gain hands-on scenario experience with: <ul style="list-style-type: none"><li>• Appropriate use of rudders and skegs.</li><li>• Use of equipment i.e. deck lines, pumps, signaling devices, &amp; spare paddles.</li><li>• Use of a general repair kit.</li><li>• Use various knots such as clove hitch, bowline, figure of eight, and rolling hitch.</li></ul>
Sea Kayak Trip	Interpretation of charts and maps to plan and execute an extended trip. Organize the gear and packing for an over-night journey. Pack a kayak with a secure, balanced and stable load. Prepare a Paddling Plan and an Emergency Response Plan. Build a safe and functional campsite that deals with: <ul style="list-style-type: none"><li>• Tent placement and weather proofing, tarpology, lighting fires, kitchen setup, sanitation, minimizing wildlife attraction and environmental impacts.</li></ul>
Communication	Aware of various signaling and communication devices appropriate for sea kayakers Able to use visual and sound signals to effectively communicate on the water. Able to communicate your position and course to members of the paddling group Able to describe emergency procedures with Coast Guard, Police & the boating community.

Safety	Gain an in-depth understanding of Hypothermia including, causes, effects and treatment Gain experience with effectively using a personal or group first aid and repair kit.
Kayaking resources	Learn to use sources of information necessary for planning and for completing a multi-day journey, such as: tide and current tables, guidebooks, navigation texts, Chart #1, hydrographic charts, topographical maps and global positioning systems.
Journeying & Seamanship	Learn the nature and purpose of leadership in a paddling trip. Learn some practical approaches for successful peer to peer communication Understand some group dynamics and leadership principles Understand some decision making, risk and incident management concepts Practice decision-making with the group, to maintain a safe trip.
Heritage	Able to describe at least one major kayak expedition from the last 50 years or to submit a list of at least 5 "essential" readings and resources for sea kayakers including at least one title/resource from each of exploration and technique – <i>part of pre-course work</i> Able to identify one or two prominent North American designers/manufacturers/instructors/ and describe their impact on modern sea kayaking with specific reference to design, materials, resources, technique.- <i>part of pre-course work</i>
Environment	Learn to describe locally appropriate Leave No Trace principles and use Leave No Trace principles and practices of environmental behaviour while on trip. OR Learn about local cultural history (first nations, European, economic, exploration etc...) and share this information with the rest of the group in an informal presentation no longer than 5 minutes. ( <i>This will be part of pre-course work</i> )
<i>Potential On-Trip Exercises:</i>	<ul style="list-style-type: none"> <li>• Exit the kayak and with a simulated injury to a shoulder, access communications equipment and call for help.</li> <li>• Call a simulated Mayday.</li> <li>• Call a simulated Pan-Pan.</li> <li>• In a timely manner, tow a paddler and kayak away from a simulated urgent situation such as near rocks and breaking waves or in current.</li> <li>• Use of first aid &amp; first aid supplies while on the water and on shore, dealing with injuries such as, leg cramp, an eye struck with a paddle, seasickness, anxiety, etc.</li> <li>• Application of boat repair while on the water and on the shore, such as: repair of broken rudder cables, leaky skeg box, or a lost hatch cover.</li> </ul>

### **Paddle Canada Certification**

Be sure to let us know if you specifically want the Paddle Canada Level 3 certification so that we may ensure complete evaluation and feedback. Course assessment will focus on leadership, risk-assessment, decision-making, judgment, group management, and general seamanship in the context of a multi-day journey. Well-developed skills such as a strong forward stroke, effective bracing, maneuvering control in waves or current, rescue skills including rolling and towing are necessary at this level. The following categories of evaluation will be used to evaluate as Pass, Weak, or Fail.

- Kayak and personal equipment including pfd, towing system, repair kit & simple first aid kit
- Demonstration of advanced kayak skills
- Self-control in the completion of immersion and rescue activities.
- Pre – course assignments
- Group awareness and management in context of a overnight trip
- Knowledge relevant to the award.
- General attitude

Re-assessment can be conducted by the course instructor or a designate within 1 year.

## Typical Course Schedule:

Day	Block	Topics
1 eve	6:00 PM	Meet at Lodge for Dinner (arrive anytime earlier to set up tents etc)
	7:30	Meet and greet, course administration, overview, expectations
2	7:30 AM	Breakfast
	8:30 AM	Navigation workshop and exercise
	10:45 AM	Tides and currents workshop and exercise
	Noon	Lunch break
	1:15 PM	On-water skills
	5:00 PM	Break for dinner
	7:00 PM	Sea Kayaking with Gordon Brown DVD
	8:00 PM	Free time to work on navigation/tides exercise
3	7:30 AM	Breakfast
	8:30 AM	Weather and Sea state
	11:00 AM	Judgment, decision making and risk management
	Noon	Lunch break
	1:15 PM	On-water skills
	5:00 PM	Break for dinner
	7:00 PM	Review and Q&A
	7:30 PM	Free time
4	7:30 AM	Breakfast
	8:30 AM	On-water skills
	10:30 AM	Leadership and trip planning
	Noon	Lunch break
	1:15 PM	Signaling and Communication
	2:30 PM	Leadership and trip/menu planning
	3:30 PM	Free time to pack
	6:00 PM	Dinner
	8:00 PM	Load boats and safety discussion
9:00 PM	Depart on night paddle for Smoky Point/Dore Bay campsite	
5	7:30 AM	Breakfast
	8:30 AM	Break camp
	9:30 AM	On-water leadership scenarios (navigation, paddling skills, rescues, leadership, etc)
	12:30 PM	Lunch
	1:30 PM	On-water leadership scenarios continued
	3:30 PM	Return to Naturally Superior Adventures
	4:00 PM	Course debrief and personal evaluations

Note: This schedule shows only one night out and actual schedule will be adjusted according to the group.

### Some Recommended Reading

- Complete Sea Kayak Touring, Jonathan Hanson.
- Handbook of Safety and Rescue, Doug Alderson & Michael Pardy
- Sea Kayak Navigation Simplified, Lee Moyer.
- Living with Weather, Owen Lange.
- Deep Trouble, Matt Broze and George Gronseth.

We have many of these titles available in our paddling shop and they will be available during the course.

### Pre-Course Work:

Once you have registered we will send a file of pre-course assignments and information that will help you get the most from this course.

## Pre-Course Expectations

All Candidates

- Review reading material (especially Sea Kayak Rescue and Safety by Michael Pardy and Doug Alderson); prepare list of questions to bring to the course.
- Obtain marine and land-based weather forecasts for “Eastern Lake Superior” (marine) and “Wawa, Ontario” (land-based) for two days before the course (AM and PM) Record forecasted (marine forecast) and observed (land-based) wind speeds and observed barometric pressure (land-based). Forecasts and observations are available at: [www.weatheroffice.ec.gc.ca](http://www.weatheroffice.ec.gc.ca)
- Observe winds and wave directions and heights from the NOSSA Lake Superior Site <http://www.crh.noaa.gov/greatlakes/?c=map&l=ls&p=a>
- Obtain marine synopsis (available at [www.weatheroffice.ec.gc.ca](http://www.weatheroffice.ec.gc.ca)) for the Great Lakes Region. Record frontal and air mass positions on the two days in advance of the course
- Ensure your paddling gear is in order including personal first aid, repair and bail out kits
- Please complete the pre-course assignments that will be sent to you well in advance of the course.

## On-Course Expectations:

All Candidates (can be done in partners or as a group):

- Obtain marine and land-based weather forecasts for “Eastern Lake Superior” (marine) and “Wawa, Ontario” (land-based) twice daily(AM and PM). Record forecasted (marine forecast) and observed (land-based) wind speeds and observed barometric pressure (land-based). Forecasts and observations are available on VHF channel 09.
- Obtain marine synopsis (available on VHF channel 09) for the Great Lakes Region. Record frontal and air mass positions once daily.
- Maintain an incident/events and navigation log including ded reckoning information (distances, speeds, times and compass bearings)
- Maintain a basic trip log including distances paddled, weather & wave conditions, group state, etc.
- Ensure paddling gear is in order.
- Maintain safe and sanitary campsite with minimal environmental impacts.
- Ensure punctuality.

Note that this course has a strong peer to peer learning environment. We are hopeful that you'll bring a lot of your own learning experiences to the course as well. Also understand that you have a responsibility to inform the instructor and your peers of any physical or medical or anything else that may affect your (and group) safe participation in the course.

Finally since this course is about challenge by choice you have a responsibility to honestly tell the group how you are doing physically and mentally and when you want a break or are not comfortable with activities.

## What to Bring

Part of the course evaluation is based on your personal preparedness and use of the appropriate equipment. You must be equipped for advanced paddling and camping on Lake Superior. The following is a simple checklist on what to consider bringing for the course, however please feel free to pack according to your own needs. Remember, you are likely to get wet during this course.

<p><b>Paddling gear:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Paddling shirt – a long sleeve shirt, not cotton, synthetic long underwear, light fleece, polypropylene, etc. are great</li> <li><input type="checkbox"/> Sun hat (with brim)</li> <li><input type="checkbox"/> Sunglasses with strap</li> <li><input type="checkbox"/> Water bottle(s) (durable)</li> <li><input type="checkbox"/> Personal paddle/Pfd (optional)</li> </ul> <p>If it rains or gets cooler:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Warm fleece, fall jacket or wool sweater</li> <li><input type="checkbox"/> Rain jacket and rain pants</li> <li><input type="checkbox"/> Warm hat and mittens/gloves</li> </ul> <p>For Sleeping (if you'll be spending the night):</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sleeping bag (3-4 season)</li> <li><input type="checkbox"/> Therm-a-rest (sleeping pad)</li> <li><input type="checkbox"/> Sleepwear</li> <li><input type="checkbox"/> Camp pillow</li> </ul>	<p><b>Site clothes:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Underwear (Preferably not cotton)</li> <li><input type="checkbox"/> Long underwear (Polypropylene)</li> <li><input type="checkbox"/> 2 T-shirts</li> <li><input type="checkbox"/> Quick drying pants</li> </ul> <p>For your feet:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Warm socks (wool or fleece)</li> <li><input type="checkbox"/> Paddle foot wear (e.g. sport sandals, aqua-socks, booties or something that will be comfortable when wet)</li> <li><input type="checkbox"/> Walking shoes for around site</li> </ul> <p>Personal stuff and options:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Camera, journal, notebook</li> <li><input type="checkbox"/> Toiletries and Medications</li> <li><input type="checkbox"/> Sunscreen (SPF 30)/Lip Balm/Bug repellent</li> <li><input type="checkbox"/> Small flashlight or headlamp</li> <li><input type="checkbox"/> Towel and face cloth</li> <li><input type="checkbox"/> Bathing suit</li> </ul>
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### We provide:

<input type="checkbox"/> Wet suits (farmer John/Jane)	<input type="checkbox"/> Food (all meals are provided)
<input type="checkbox"/> Personal flotation devices (PFDs)	<input type="checkbox"/> Sea kayaks, skirts, paddles, Coast Guard requirements (if necessary)
<input type="checkbox"/> Safety supplies	<input type="checkbox"/> All camping gear (tents, tarps, kitchen gear, etc.) for overnight trip

### Skills 3-specific gear (you provide):

<input type="checkbox"/> Waterproof map case, compass (deck or handheld)	<input type="checkbox"/> Tow system and rescue sling
<input type="checkbox"/> Spare paddle (available from NSA)	<input type="checkbox"/> Appropriately sized drybags
<input type="checkbox"/> Personal First Aid Kit	<input type="checkbox"/> Glow sticks
<input type="checkbox"/> Helmet	<input type="checkbox"/> Nose plugs/ear plugs if helpful
<input type="checkbox"/> Personal Repair Kit	<input type="checkbox"/> Emergency shelter/bail-out kit
<input type="checkbox"/> Paddling log book or journal	<input type="checkbox"/> VHF Radio if you have one
<input type="checkbox"/> Your signaling devices	<input type="checkbox"/> Paddlefloat

## Typical Questions and Answers:

### *What Are The Meals Like?*

Meals are selected for variety and good taste. Breakfasts include fresh fruit, cereals, fresh muffins, and beverages. Lunches are simple with hearty soups, sandwiches and salads. Dinners range from grilled chicken, salads, stir fries and pastas. We are pleased to accommodate special dietary needs - let us know in advance.

### *Alcohol?*

We occasionally serve our complimentary homemade wine to guests and you are welcome to bring a moderate amount of alcohol for evening enjoyment when our activities are done for the day. No alcohol on the overnight, no drinking and boating (night paddle).

### *What Weather Can I Expect?*

Lake Superior creates its own weather conditions. Read: The weather can vary a lot. In the spring temperatures can fluctuate a lot so be sure to bring lots of warm clothing especially for on water and evening.

### *How Are The Bugs?*

Blackflies and mosquitoes become more active in early June, but they are generally not a problem at Rock Island because of the ever present breeze and cooling effect of Lake Superior. Still, bringing bug dope and/or a bug jacket is a good idea.

### *Do I Swim?*

Lake Superior is fresh, clean and in the spring very cold. The course is mostly held in the somewhat warmer waters of the Michipicoten River. You'll be in the water practicing rescues, so we provide paddling wetsuits.

### *What if the Weather is Nasty?*

Bring along a good set of rain gear and clothing suitable for layering. The river mouth is well sheltered from adverse conditions, and if it's really rotten we'll stay in the lodge.

### *Smoking?*

We have a firm "NO SMOKING" policy for all our buildings at Rock Island. Please place your butts in "butt cans" located outside the office and the main lodge – please do not leave butts on the ground.

### *Course Cancellation?*

Cancellation notices received more than 30 days prior to the course start date receive a full refund, less deposit. Cancellations less than 30 days receive refunds as follows: 14-30 days notice: 25%; less than 14 days notice: no refund. If you find a qualified replacement: we'll refund all but a \$25 administrative fee. We reserve the right to cancel any trip/program with 14 days notice at which time a full refund is made.

### *Missing something?*

Don't worry; we have a small, well stocked paddling store right on site. Wawa is a 10-minute drive away and has a drug and grocery stores, post office as well as the usual host of small town shops, etc.

### *Telephone, fax, email, WIFI?*

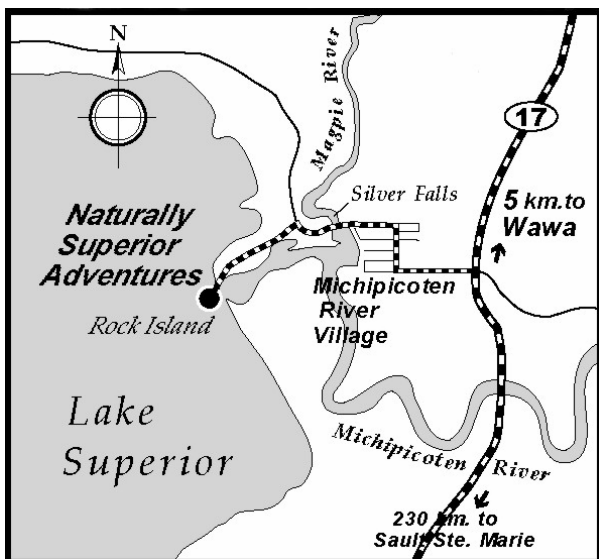
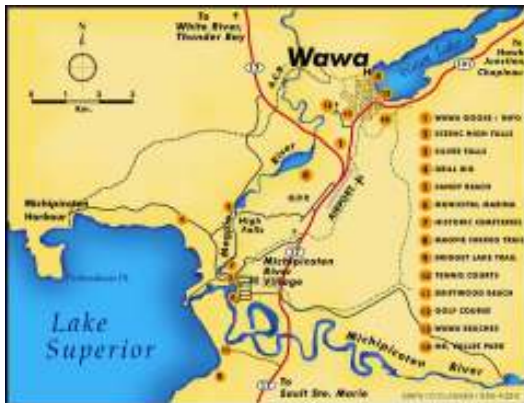
The lodge has free wireless service. It's a satellite connection so don't expect fast speeds. Telephones are located in the lodge and main office. For long distance calls use a calling card or leave a donation in the donation jar. There is cell phone coverage in Wawa but not at Naturally Superior Adventures. Fax and email are located in the office and are for very limited use.

### *Four legs on Site?*

Be aware that Luna our site dog is a friendly female Great Pyrenees.

## Getting Here:

Information regarding bus schedules may be found at [www.greyhound.ca](http://www.greyhound.ca) and we are happy to pick you up at the bus station. There may also be opportunities for car-pooling; just let us know if you are interested. Directions to Naturally Superior Adventures Rock Island site:



From the South: We are about 230 kilometres north of Sault Ste. Marie. Just head north on Hwy. 17 (Trans-Canada Hwy.) towards Thunder Bay. If you get to the Wawa Goose you've gone just a bit too far.

From the North: Either Hwy. 17 (from White River) or Hwy. 101 (from Chapleau) will get you to Wawa. From Wawa, head south on Hwy. 17 and follow the directions below (it is about 5 kilometres from Wawa to the turn off for Naturally Superior).

From Hwy 17: Turn WEST (left from the South, right if from the North) on Michipicoten River Village Road. The road lies just north of the Kinniwabi Pines Restaurant.

On Michipicoten River Village Road, turn RIGHT at the first intersection. Pass over Wawa creek bridge (wooden) to the second intersection, where you turn LEFT towards Silver Falls.

Cross the wooden bridge at Silver Falls and continue along the road past the small cemetery (on the right hand side) until you see a hydro dam on the left. Just past it turn LEFT on that road just before the main road heads up a steep hill.

Follow along to the end of this road, you'll see Government Beach to the right, continue on to the left where you will see our welcome sign.

It's about 5 Km from Hwy. 17 to Rock Island.