

# **Advanced Coastal Paddling Committed 2 The Core Sea Kayak Coaching September 24-28, 2012**



**Special Guest Coach: Nick Cunliffe. BCU Level 5 Sea kayak coach**

**This 5 day program will focus on the skills necessary for leading and managing groups in advanced sea states and tidal conditions. Participants will be exposed to no landing zones, surf beaches, paddling well, and rescues in advanced conditions. This program is physically demanding and participants must be prepared to paddle for long periods in challenging conditions. Certification available with successful completion of this program is Paddle Canada Level 3 or Level 4 skills.**

**You will also have the opportunity to gain certification in the British Canoe Union. We are going to be including the 4 Star training and assessment as well as a 5 Star Training during the program.**

## **COURSE OUTLINE**

- Day 1            Meet In the Evening before the program to do paperwork and break the ice
  
- Day 2            Surf Practice – launching, landing, recues in the surf, picking proper waves to surf.  
                    Trip Planning,
  
- Day 3            Depart on journey  
                    Reading the sea/land boundary; rock hopping. Navigation
  
- Day 4            Route selection, difficult launch/landings, on water leadership  
                    Deep water rescues and rolling
  
- Day 5            Tidal current practice, and leadership
  
- Day 6            Tides current practice, and leadership

**Weather and water conditions have a major influence on sea paddling and we reserve the right to alter the schedule as needed**