

Taking things to the next level

Paddle Canada Flat Level 2 skills



Phase I: Skill development.

Day 1 Boat Design, Exploration of skills, Rescue Session (group), Rolling session
Evening Session: Weather and "The living sea"

Day 2 Advanced stroke practice, Rescue Session (solo), Rolling session
Evening Session: Navigation

Day 3 Surfing Day Advanced stroke practice, Surfing and rough water landing practice. Bracing and rolling
Lecture Topic Trip planning, packing

Phase II: Expedition

Day 1 Trip Pack up, navigation practice leadership, safety

Day 2 Navigation practice, on water leadership, landing in rough water, Communication

Day 3 Group dynamics, towing, paddle back to cars debrief and travel home

Every day will begin with a creative warm up and stretching exercises
All days will end with a debrief session discussion and recapping all information covered in the days session

