

COASTAL KAYAKING LEVEL 1

One may proceed through the skill levels and not participate in the instructor levels

Coastal Kayaking Level 1 is an intermediate course for participants with a limited base of kayaking experience and knowledge. The course will emphasise the skills required to become an active participant of a kayaking daytrip in a relatively sheltered to moderately exposed coastal environment.

OVERVIEW OF COASTAL KAYAKING LEVEL 1

Prerequisites

1. ORCKA Flatwater Kayaking or ORCKA Flatwater Kayaking Level B, equivalent certification or comparable skills and experience (with the permission of the Course Director)
2. At least three separate kayaking excursions of at least three hours and 15 kilometres each

Minimum Course Length

Minimum 18 hours (2 days minimum)

Kayak Type

A suitable kayak for this course must be able to carry limited cargo with at least one sealed bulkhead and a closed cockpit.

Course Conditions

Sheltered to Moderate. Wind – Calm to < 29 km/h in protected inland waters (to 18 km/h in offshore conditions in large bodies of water such as Great Lakes or similar). Sea state – < 0.5 m waves to 1 m waves in protected inland waters (rippled to 0.6 m waves in offshore conditions in large bodies of water such as Great Lakes or similar).

Course Location

Moderate. Moderately exposed coastline with easy landing conditions readily available.

Safety

- Safety Review
- Rescue of a swimmer
- Towing rescue
- Peer rescue
- Assisted Roll rescue
- Unassisted re-entry
- Unassisted roll rescue *
- Communications

Skills

- Skill review
- Forward paddling
- Reverse paddling
- Stopping
- Sideward paddling
- Pivoting
- Turning
- Preventing a capsize

- Securing

Theory

- Kayak design and construction
- Kayak Outfitting
- Kayaking history
- Government regulations
- Outdoor precautions
- Weather
- Environmental awareness
- Kayaking heritage
- Kayaking resources

Touring

- Equipment
- Paddling precautions
- Day trip planning
- Navigation
- Kayak tour

* non-test item