

FLATWATER KAYAKING

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

The Flatwater Kayaking Level is designed to introduce the novice or relatively inexperienced kayaker to paddling. The emphasis is on mastering the fundamentals of kayaking along with a strong grounding in water safety and safe kayaking practices. Upon completion of the Flatwater Kayaking Level, the successful course participant should have the knowledge, skills and confidence to plan and execute short (up to half-day) kayak tours with other similarly skilled individuals in sheltered waters.

OVERVIEW OF FLATWATER KAYAKING

Prerequisites

None

Minimum Course Length

8 – 10 hours (dependant on the progression of the candidate(s)).

Kayak Type

The candidate can use any type of kayak that has a cockpit. Safety and skill items are to be accomplished without the use of a rudder or skeg. A spray skirt is used when appropriate.

Course Conditions

Sheltered. Wind – Calm < 18 km/h in protected inland waters (<10 km/h in offshore conditions in large bodies of water such as Great Lakes or similar). Sea state – < 0.5 m waves in protected inland waters (calm to rippled in offshore conditions in large bodies of water such as Great Lakes or similar)

Course Location

Sheltered. Enclosed sheltered area with easy landing options readily available.
Alternatively, the course can be offered in a pool.

OVERVIEW OF FLATWATER KAYAKING

Safety

- Wet exit
- Capsize and swim the kayak to shore
- Peer rescue
- Assisted roll rescue *
- Communications

Skills

- Lifting and carrying
- Launching, landing and removing the kayak
- Entering and exiting the kayak
- Forward paddling
- Reverse paddling
- Stopping
- Sideward paddling
- Pivoting
- Turning
- Introduction to edging
- Manoeuvring in a confined space
- Preventing a capsize
- Securing

Theory

- Selection of equipment
- Equipment knowledge
- Equipment care
- Kayaking history
- Government regulations
- Outdoor precautions
- Environmental awareness
- Kayaking resources

Touring

- Personal risk management
- Awareness of others
- Safe kayaking procedures
- Windy weather precautions
- Access
- Planning
- Kayak tour

* non-test item