

FLATWATER KAYAKING INSTRUCTOR

The purpose of the Flatwater Kayaking Instructor Course is to provide a provincial certification of competence in the instruction and administration of ORCKA Flatwater Kayaking Level Programs and Courses.

OVERVIEW OF FLATWATER KAYAKING INSTRUCTOR

Prerequisites

1. At least 16 years of age
2. Current ORCKA Member (membership is included in the program participant fee)
3. ORCKA Flatwater Kayaking or ORCKA Flatwater Kayaking Level B, equivalent certification or comparable skills and experience (with the permission of the Course Director)
4. At least three separate kayaking excursions of at least three hours and 15 km each
5. It is strongly recommended that all Flatwater Kayaking Instructors have, in addition to their kayaking qualifications, some qualification in Swimming, First Aid and CPR

Minimum Course Length

35 hours (4 days minimum) with Coastal kayaking Level 1 included, otherwise 2 days.

Kayak Type

The “demonstration quality” safety and skill manoeuvres of Flatwater Kayaking and the teaching component of this Flatwater Kayaking Instructor Course may be accomplished in the type of kayak described in the Flatwater Kayaking course outline (any type of kayak that has a cockpit).

The manoeuvres of Coastal Kayaking Level 1 will be accomplished in the type of kayak described in that course outline (a kayak which is able to carry limited cargo with at least one sealed bulkhead and a closed cockpit).

Course Conditions and Location

The “demonstration quality” safety and skill manoeuvres of Flatwater Kayaking will be accomplished in the course conditions and location described for Flatwater Kayaking (Sheltered conditions. 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). Enclosed sheltered area with easy landing options readily available.

The manoeuvres of Coastal Kayaking Level 1 will be accomplished in the course conditions and location described for Coastal Kayaking Level 1 (Moderate conditions (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)); Moderately exposed coastline with easy landing conditions readily available).

OVERVIEW OF FLATWATER KAYAKING INSTRUCTOR (CON'T)

<p>Safety</p> <ul style="list-style-type: none"> • Safety Review • Rescue of a swimmer • Towing rescue • Peer rescue • Multiple person rescue • Advanced rescue • Assisted roll rescue • Unassisted re-entry • Unassisted roll rescue * • Communications <p>Skills</p> <ul style="list-style-type: none"> • Skill review • Lifting, carrying, launching and removing the kayak • Forward paddling • Reverse paddling • Stopping • Sideward paddling • Pivoting • Turning • Preventing a capsize • Securing 	<p>Theory</p> <ul style="list-style-type: none"> • Equipment • Kayak design and construction • Kayak outfitting • Government regulations • Outdoor precautions • Weather • Environmental awareness • Kayaking history • Kayaking resources <p>Touring</p> <ul style="list-style-type: none"> • Personal and group safety equipment • Paddling precautions • Day trip planning • Incident management • Access • Navigation • Kayak tour <p>Teaching and evaluation</p> <ul style="list-style-type: none"> • Preparation for teaching • Presentation skills and techniques • Evaluation • Lesson plans • Lessons
* non-test item	

COURSE CONTENT

1. Coastal Kayaking Level 1 (unless this certification is a prerequisite for the Flatwater Kayaking Instructor Course and was done beforehand)
2. Safety (specific to Flatwater Kayaking Instructor certification)
3. Teaching