



Detailed Course Descriptions

Beginner's Course

Designed for someone with little or no kayaking experience, novice kayakers will learn to:

- Get into and out of a sea kayak at a beach or dock
- Re-enter your kayak after capsizing
- Demonstrate basic paddling strokes
- Do an assisted rescue
- Choose appropriate paddling clothing
- Identify and be able to use mandatory safety equipment
- Identify and respond to symptoms of hypothermia
- Plan a day paddle

Depending upon the time of year, this course includes several evening pool sessions and a one-day open water session.

Strokes and Rescue Course

This course is for intermediate paddlers who want to further develop their rescue, paddling and towing skills. This course is usually taught over a two day period on open water at either Ambleside Beach, West Vancouver or Panorama Cove, Deep Cove (North Vancouver).

Navigation Course

Finding your way to your destination, and (equally important) finding your way back home is essential to safe kayaking. Skills you'll learn during the Navigation weekend include:

- Reading tide and current tables
- Estimating safe "windows" through tidal passages
- Proper use of marine charts and compass

This course is normally completed on a two-day overnight trip to Newcastle Island (Northern Gulf Islands).



Weather Course

"Go/No-Go". This is a decision you must constantly make as a kayaker. Weather patterns dominate our existence at sea--knowing how to interpret the marine radio forecast and make accurate observations makes us much safer paddlers. You'll learn:

- How the wind patterns produced by coastal topography affect kayak travel
- What those clouds are trying to tell you
- Whether the weather is likely to get worse or better

This course is normally completed over a weekend and is combined with a kayaking trip to either Thormanby Island or Sechelt Inlet on the Sunshine Coast.

Currents Course

This course, designed for intermediate paddlers wanting to advance their skills, covers:

- Understanding the flood and ebb around Vancouver Island
- Interpreting tide and current tables
- Differentiating between favourable and unfavourable turns
- Calculating window of traverse in tidal passages
- Practice crossing an eddy line and ferrying across moving water

The course, usually conducted on Mayne Island (Southern Gulf Islands) for easy access to Boat Passage, provides the opportunity to practice crossing eddy lines and ferrying across moving water. Over the two days, there is also lots of opportunity to practice being and rescuing overturned kayakers.

Surfing Course

By the end of this two-day course, participants will be able to safely land and launch on surf beaches - a must for West Coast kayaking. Participants spend the weekend practicing in waves off the Pacific Rim National Park (near Tofino, Vancouver Island) world-class beaches.



Low Impact Camping Course

Every decision we make on our trips has the potential to negatively impact the natural environment. Learn and practice the principles of minimum impact camping on this weekend kayaking trip to DeCourcy Island (Northern Gulf Islands).

Leadership Course

This scenario-based course gives you the opportunity to develop your unique leadership style and experience in handling common group dynamic and emergency situations that can arise. This weekend course is usually combined with an overnight kayaking trip.

Instructor's Course

If you want to join SKABC's instructor group but have no prior teaching experience, the Instructor's Course is an excellent starting point for developing confidence and gaining experience in a teaching role. This course focuses on "how to" teach as opposed to the "what". Delivered over 2 days, there is ample opportunity to practice teaching skills, receiving ample feedback from both your peer group and the instructor.