



Sea Kayak Guides Alliance of BC – SKGABC

General Outcomes Level Three Guide

(Last updated February 18, 2006)

All successful candidates will clearly demonstrate effective communication, leadership and judgement throughout all aspects of the examination and specifically during situations requiring instruction, scenarios, and other situations involving risk management.

Candidates should take the scenarios seriously, they are evaluated on how thoroughly they follow through in these scenarios and look after all group members.

Level Three Guides are expected to perform all skills with a high degree of proficiency while leading in class 3 waters and demonstrating personal comfort suitable for class 4 waters.

Class 3: Exposed water; sparsely populated areas with more committed crossings, moderate to strong currents with turbulence, moderate to strong wind effects, ocean swells, difficult landings, surf beaches.

Class 4: Long committed crossings, uninhabited, rugged and exposed coast; strong turbulent currents, strong wind effects, large swells, difficult landings, exposed surf beaches.

Paddling Skills

Candidates will demonstrate a range of paddling skills such that they are able to maintain efficient control of the angle, motion, and tilt of their kayak. Strokes must be demonstrated on both sides. Strokes will be initially assessed in controlled conditions then throughout the practical evaluation in varied water conditions.

Specifically, the candidate will perform the following skills:

- Basic strokes (forward, reverse, stopping, forward and reverse sweeps with and without edging, underwater recovery draw, low brace, low brace turn)
- Advanced Strokes (high brace, lean turns, sculling draw)
- Demonstrates safe & effective control in moving water (eddy turns, ferry glides).
- Demonstrates controlled surf landings and launchings
- Lead a group through surf launch or landing procedure

Rescue Techniques

- Candidates will demonstrate 2 self-rescue techniques.
- Candidates will demonstrate 5 assisted-rescue techniques.
- Candidates will demonstrate 3 towing or travel-assist techniques appropriate to different distances, sea conditions, and situations.

Any or all of the above may be assessed in controlled conditions or at any time during the practical evaluation in varied water conditions and during leadership scenarios.

Specifically, the candidate will perform the following skills:

- Dry and accessible storage of safety equipment throughout the practical evaluation.

SELF-RESCUE: The following 2 techniques.

- Self rescue with paddle float to the point of securing the skirt and beginning to pump out water within 2 minutes; use of stirrup optional
- One other self-rescue without using a paddle float or other buoyancy aid (e.g., scramble, cowboy, side-saddle, re-enter and roll).

ASSISTED RESCUES: The following 5 techniques.

- T Rescue.
- Parallel Rescue.
- Sling rescue / stirrup re-entry.
- Scoop rescue.
- Hand of God Rescue.

TOWING AND TRAVEL ASSIST SKILLS

- Stern carry a swimmer for 50 metres.
- Open water boat switching.
- Solo boat towing.
- Tandem towing (e.g. in-line tow).
- Contact towing.

Navigation

The candidate will use a variety of navigation tools including nautical charts, compass, Tide and Current Tables, and Chart One to plan a multi-day sea kayak trip.

Specifically, the candidate will perform the following skills:

- Identify symbols and scale.
- Use Chart One as a reference tool.
- Plot appropriate route plans with distances and time estimates.
- Follow route plans and adapt to conditions.
- Fix location using natural ranges and magnetic Lines of Position.
- Identify landmarks or waterways using the compass (chart to reality, and reality to chart).
- Plot dead reckoning courses with bearings, distances and times.
- Use Tide and Current Tables to predict tides and currents at primary and secondary ports and stations.

- Use the Rule of Twelfths and the 50/90 Rule (or Rule of Thirds).
- Familiarity with basic collision regulations (re: right of way).

Weather

The candidate will use a variety of weather aids to make reasonable 6 to 12 hour weather predictions to be used within the context of a multi-day sea kayak trip.

Specifically, the candidate will perform the following skills:

- Describe weather phenomena including large and small-scale features (high and low pressure systems, fronts, land and sea breezes, gap and corner winds, fog types, katabatic and anabatic winds, Arctic outbreaks).
- Observe and describe current local weather trends (re: cloud, wind, and precipitation) and the relevance to trip and route planning.
- Access the marine weather forecast and interpret the relevance to trip and route planning.
- Explain seasonal BC weather patterns

Emergency Signalling and Radio Use

The candidate will demonstrate proficiency with a variety of communication devices appropriate to the area of travel. Devices will include VHF radio and flares).

Specifically, the candidate will perform the following skills:

- Routine communications for logistics (e.g. using appropriate language, clarity, brevity, precision, etc.)
- Proper communication procedures for an emergency call (to Coast Guard Radio or direct to RCC)
- Care and proper use of flares (including types, limitations, sequencing, and safe ignition).
- Alternate one-way signalling options (e.g., smoke fire, signal mirror, strobe, EPIRB, PLB, etc.).

Leadership and Judgement

The candidate will demonstrate strong leadership skills in a variety of situations including rescue scenarios and during the daily routines of paddling and or overnight group travel.

The candidate will demonstrate good judgement and preventative risk management for group safety both on and off the water.

The candidate will combine a variety of problem solving, rescue, and group management techniques to successfully resolve staged scenarios.

Specifically, the candidate will perform the following skills:

- Communicate effectively to individuals and group.
- Detect and correct errors in client's forward stroke to prevent injury and improve efficiency.
- Assert effective group control on land and water.

- Awareness of individual and group needs.
- Leadership through clear communication and decision-making.
- Ongoing risk management and assessment.
- Follows general safety practices and procedures for landing, launching, and on-water travel.
- Follows general safety practices and procedures for on-land group management (site orientation, setting parameters, securing camp, etc.).
- Problem-solving for minor issues (equipment and clients).
- Scenario management and resolution (including potential capsize(s), illness and injury, missing client, equipment loss or damage).

Trip Preparation

The candidate will demonstrate an understanding of the stages and importance of trip preparation.

Specifically, the candidate will perform the following skills:

- Equipment check.
- Draft a float plan for the exam trip.
- Deliver a “Leaving the Beach” talk.
- Gather and follow up on medical forms

Environmental Impact Awareness

The candidate will demonstrate an awareness of and explain the positive and negative impacts of commercial sea kayaking in coastal BC communities and environments.

The candidate will demonstrate an awareness of and explain the potential negative impact by sea kayakers on coastal and marine ecosystems.

Specifically, the candidate will describe or demonstrate the following skills:

- Guidelines and strategies for minimizing group impact while travelling on the water (marine life) and in camp (erosion, waste, vegetation, fresh water, visual, fire, wildlife, etc.).
- Proper human waste disposal (guidelines, strategies, concerns).
- Proper food storage and kitchen etiquette (scavengers and large carnivores).
- Harvesting considerations (regulations, client safety, and species/ecosystem impacts).
- Ability to explain the above to clients

Camp craft

The candidate will perform the following skills:

- Secure a tarp.
- Light a fire.