

# Association of Canadian Sea Kayak Guides

## Leadership Course Core Curriculum



**The curriculum is divided into seven categories:**

1. Leadership, Communication & Decision Making
2. Capsize Recovery & Incident Response
3. Trip Planning & Camping Skills
4. Equipment & Clothing
5. Paddling Skills
6. Navigation
7. Weather

### **1. Leadership, Communication & Decision Making**

#### **Group Travel**

pod formation and spacing  
lead and sweep positions  
group communication  
travel hazards  
recognizing individual strengths and weaknesses  
balancing the group's strengths and weaknesses

#### **Judgment & Decision Making**

importance of forethought  
identification of factors involved in decisions  
probability and consequence  
deferring to the conservative decision  
awareness of the group and environment  
stress as a factor

#### **Communication & Conflict Resolution**

inter-group, group-leader and leader-leader communication  
conflict recognition and resolution

#### **Leadership Styles**

awareness of different styles  
pros & cons of different styles  
development and effectiveness of personal style

### **2. Capsize Recovery & Incident Response**

#### **Capsize Recovery**

prevention  
ongoing contingency planning  
assisted rescue  
solo rescue  
rolling (an exposure to rolling only)  
managing the group  
post-rescue assessment  
flares, emergency equipment and clothing

# Association of Canadian Sea Kayak Guides

## Leadership Course Core Curriculum



### **Incident Response & Evacuation Procedures**

- pre-trip organization
- implementing evacuations
- documentation and reporting

### **Towing**

- pros & cons of towing
- options for towing with one and two kayaks
- tow system designs

## **3. Trip Planning & Camping Skills**

### **Menu Planning & Preparation**

- recognizing and accommodating dietary needs
- packaging and organization techniques
- cooking techniques
- sanitation
- presentation

### **Pre-Trip Planning & Contingency Plans**

- reviewing the group's medical information
- route and schedule planning
- alternative routes and schedules
- familiarization with local weather and sea state
- evaluating route hazards
- assessing food and equipment
- creating evacuation plans

### **Ongoing Trip Planning & Contingency Plans**

- group assessment
- keeping a log
- continual assessment of conditions
- reassessment of pre-trip plans

### **Campsite Selection**

- exposure, access and condition of foreshore
- drinking water
- suitability for group size

### **Minimum Impact Camping**

- familiarization with minimum impact practices
- campsite selection
- cooking; location and fire use
- harvesting
- visual impact
- inter-group etiquette

# Association of Canadian Sea Kayak Guides

## Leadership Course Core Curriculum



### 4. Equipment & Clothing

#### **Kayak Design & Features**

parts of kayak  
design features affecting kayak performance  
singles and doubles  
flotation (bulkheads & hatches)  
construction and materials

#### **Kayak Repair & Maintenance**

pre-trip maintenance  
field repair of kayaks and equipment  
repair kits - supplies and tools

#### **Clothing Options**

fabrics and layering  
rain, wind and sun apparel

#### **Communication Devices**

licensing  
emergency use  
weather reports  
storage, accessibility and care  
pros & cons of different devices (region-specific applications)

#### **Other Equipment**

Coast Guard requirements  
paddle designs and maintenance  
sprayskirt designs and maintenance  
PFD designs and maintenance  
group care of equipment

### 5. Paddling Skills

#### **Launching & Landing**

loading and unloading kayaks  
beach surfaces  
methods of launching and landing  
order of launching and landing  
kayak stability while launching and landing  
group safety

#### **Paddling Mechanics**

paddle grip  
body position  
torso rotation  
feathered & unfeathered

# Association of Canadian Sea Kayak Guides

## Leadership Course Core Curriculum



### **Propulsion Strokes**

forward stroke  
reverse stroke

### **Maneuvering Strokes**

sweep & reverse sweep  
draw (in-water & out-of-water recovery)

### **Stability Strokes**

low brace  
high brace

## **6. Navigation**

### **Chart Interpretation**

chart preparation and accessibility  
colour scheme  
scale and distance  
shoreline features  
land features and topography  
sea floor bathymetry  
common symbols and hazard symbols  
use of: Chart 1 Symbols, Abbreviations & Terms  
interpreting tide and current tables

### **Compass Use**

types of compasses  
parts of compass  
deviation and variation  
orientation of chart with compass  
taking a bearing from landmarks  
taking a bearing from the chart  
planning a route with bearings  
paddling a bearing  
drift compensation  
triangulation

### **Currents**

current tables  
current speeds and effects  
eddies  
narrowing and shallowing effects  
ferrying  
wind opposing current  
predicting slack and maximum flood/ebb

### **Launching**

assessing sea state and weather conditions  
near shore hazards

# Association of Canadian Sea Kayak Guides

## Leadership Course Core Curriculum



### **Natural Ranges**

using ranges to determine drift and progress  
using ranges to complement compass bearings

### **On Water Navigation**

awareness of sea state  
recognizing developing seas  
recognizing landmarks

### **Surf Management**

on shore evaluation of surf  
refraction, diffraction, diffusion and concentration  
sets  
launching in surf  
landing in surf

### **Tides**

tide theory  
tide tables  
seasonal and geographical variations  
consequences of high and low tides  
overnight tide height predictions  
low pressure and storm effects

## **7. Weather**

### **Weather Forecasts**

obtaining marine forecasts  
update times  
terms and language  
importance of ongoing monitoring  
using local knowledge to interpret forecast

### **Weather Interpretation**

recognizing wind direction and speeds  
recognizing fronts and system changes  
effects on sea state  
daily wind speed variations  
lee and windward shores  
combining forecasts and local observation  
keeping log entries

### **Weather Theory**

atmospheric pressure  
high pressure systems - characteristics  
low pressure systems - characteristics  
fronts  
local effects - funneling and bending  
onshore and offshore winds  
fog