

# PADDLE CANADA KAYAKING INSTRUCTOR COURSE

**AIM:** To cover the skills and knowledge required to run the Paddle Canada Introduction to Sea Kayaking and Sea Kayaking Level I courses.

## GENERAL COMPONENTS

**A. Overview: The Paddle Canada Sea Kayaking program**

**B. Pre-course Organization**

-Lesson plans, Student/Instructor preparation, Course location, etc.

**C. Course Content & Delivery (including teaching methodologies)**

-Skill components

Launch & Landing

Basic paddling strokes

Rescues (including towing)

-Theory Components

Paddling preparation (e.g., warm-up, stretching, etc.)

Equipment

Journeying & seamanship

First aid (Hypothermia)

Kayaking resources

-Student Assessment

Candidate preparation

Oral testing (ongoing)

Practical evaluation (ongoing)

### **Instructor Evaluation**

- Observation of kayaking skills
- Written testing
- Oral testing
- Presentations
- Teaching demonstrations
- General attitude

**D.**

### **Potential Certification**

**E.**

- Paddle Canada SK Level I (skill)
- Paddle Canada Introductory SK Instructor, SK Instructor I