

ISLAND ESCAPADES

Accredited S.K.G.A.B.C.

Assistant Overnight Guides Course

INSTRUCTOR: JACK ROSEN

Schedule 2010

Assistant Overnight Guides Course

This is an overnight program where food is co-operatively shared.

(Each Participant is given certain number of meals to prepare for the whole group)

April 16th -24th

Oct 1st – 9th

Cost : \$1190.00/person

Minimum 4 persons for a program to operate

Food is cooperatively purchased by the group

Require 4 persons minimum to run the program.

Educational Modules For the AOG Course

(The SKGABC course Handbook will be given out on Day 1 or mailed to you previously)

Paddling Techniques flat water & current

- 1.1 Propulsion strokes (forward & reverse)
- 1.2 Maneuverability strokes
- 1.3 Support strokes
- 1.4 Rescue strokes
- 1.5 Strokes for tidal streams

2 Capsize & Recovery

- 2.1 Solo rescues (rolling, paddle float)
- 2.2 Assisted rescues (T-Rescue, Eskimo, Hand of god, Scoop Rescue etc.)
- 2.3 Group rescues
- 2.4 Responsibilities of the Rescuer & Rescuer- Triage
- 2.5 The variables in a rescue - an assessment of Risk Management
- 2.6 How to determine what rescue to use?

3 Navigation (with navigation workbook)

- 3.1 Introduction
- 3.2 Chart 1 symbols and abbreviations
- 3.3 The title block
- 3.4 Aids to navigation and navigational Aids

- 3.5 Navigation by observation (sight right, conning)
- 3.6 T/M/V/D/C
- 3.7 Navigational theory - speed-time-distance (60DST) - Bearings - 2-way and 3 way fixes - geographic ranges - man made and natural ranges - fix using LOPs and (soundings, bearings etc)
- 3.8 Navigational strategies for coastal expeditions - defining the navigational chessboard
- 3.9 Outfitting the kayak for navigation
- 3.10 GPS - pros / cons

4 Surfing

- 4.1 Beach Morphology
- 4.2 Wave theory & terminology
- 4.3 Paddling dynamics
- 4.4 Landing strategies for sea kayaks
- 4.5 Launching strategies for Sea kayaks
- 4.6 Swimming with your kayak
- 4.7 Useful rules of thumb around the beach
- 4.8 Define and Identify wave types
- 4.9 Strategies for dealing with surf hazards

5 Coaching - learning how (focus on injury prevention)

- 5.1 Detection and Correction- easy steps for making adjustments
- 5.2 Useful acronyms in coaching
- 5.3 Common mistakes in strokes, leans, braces and rolls.
- 5.4 Common overuse injuries found in paddling
- 5.5 The bio mechanics of paddling

6 VHF procedures

- 6.1 Review of radio alphabet and phonetics (numbers, speed, names ,times)
- 6.2 Review of VHF procedures
- 6.3 Radio care and Maintenance
- 6.4 Government regulations
- 6.5 VHF channel standards
- 6.6 In field usage

7 Incident Response - SAR, Flares etc

- 7.1 Search & Rescue search strategies
- 7.2 Flare classification system (A,B,C,D)
- 7.3 Helicopter rescue procedures for evacuation
- 7.4 Role of the auxiliary Coast Guard
- 7.5 Rescue equipment (drogues, radar reflectors, nighttime rescue, nighttime lighting)

8. Towing strategies

- 8.1 Towing without tow line
- 8.2 Towing in tandem & rafted tows
- 8.3 Towing swimmers (carries, stern carry, bow carry, modifications)
- 8.4 Anchor tows (rescues near rocks)

9 On water organization

- 9.1 General strategies for leaders (novice - advanced paddlers)
- 9.2 Crossing currents
- 9.3 Rough weather organization
- 9.4 Role of leader during rescues
- 9.5 Communication strategies
- 9.6 During helicopter rescues
- 9.7 Crossing High traffic areas / separation zones

10 Pre Trip Planning

- 10.1 Importance of the float plan --Creating a Float Plan
- 10.2 The route assessment
- 10.3 Food & nutrition requirements
- 10.4 Equipment considerations
- 10.5 Researching the area (emergency services, history, water, wildlife)
- 10.6 Assessing Risk
- 10.7 Food preparations & storage systems
- 10.8 Standards for a pre trip client orientation

11 Weather interpretation & analysis

- 11.1 Local weather patterns, where to get information-what equipment is needed?
- 11.2 Cold fronts, warm fronts,
- 11.3 Winds -- Anabatic, Katabatic, Corner, Gap, Quallicums, etc
- 11.4 Paddling strategies for winds
- 11.5 Weather processes - a study of the interaction between wind, wave and water , surf

12. Boat Repair, Maintenance & repair kits

- 12.1 fiberglass repairs in the field
- 12.2 The repair kit
- 12.3 Cable repair/ rescue kits , tapes, glues and other gear

13. Ropes & rope work

- 13.1 Lashing broken paddles
- 13.2 Knots for camping
- 13.3 Knots for tying kayaks
- 13.4 Knots for tarps

14 Tides & Currents

- 14.1 Tide & current theory (sun, moon and earth)
- 14.2 Understanding Primary and Secondary tide stations
- 14.3 Understanding Primary and Secondary current stations
- 14.4 Rule of twelfths
- 14.5 Rule of 3rds (50/90 rule)
- 14.6 The interaction of tide and current
- 14.7 Rips tides, overfalls, and other phenomena

- 14.8 Navigational theory for crossing currents
- 14.9 The Current & Tide tables book

16 Survival Skills and Land Management

- 16.1 Making camp fires – Camp fire edicate
- 16.2 Leave no trace philosophy
- 16.3 Choosing a campsite and creating a safe site for groups
- 16.4 Drinking water

17 Natural History & Interpretation

- 17.1 Inter tidal life – Identification and Interpretation
- 17.2 Ungulates
- 17.3 Ethnobotany
- 17.4 Marine mammals
- 17.5 Pacific Marine trails philosophy

18 Night Navigation

- 18.1 Introduction to night navigation
- 18.2 Group dynamics
- 18.3 Government regulations / Coast Guard Regulations

19 Evacuations - when and why

- 19.1 The Deciding factors
- 19.2 Co-ordinating the evacuation
- 19.3 Preparing to evacuate
- 19.4 Post-evacuation procedures

20 Styles of Leaderships

- 20.1 Defining your style
- 20.2 Models of leadership & when to use them
- 20.3 Identifying your style

Risk Management

- 21.1 Objective and Subjective Risks
- 21.2 Scenario Based Critical Planning
- 21.3 Analysis of Options –justification of decision
- 21.4 Route plans for group abilities
- 21.5 Risk management off the water and in the campsite/on the road

Items Needed for this Course:

Kayak bulkheads- (Course rentals of Boat and Safety Gear is very reasonable)
Two Kayak paddles,
Float Rescue Pad, Spare Paddle
Tow Line

Stirrups
Hand held Compass
Wet Suit/dry suit
Change of clothing—dry clothing bag
Camping gear and clothing including tarp.
Pen/paper/clip board, dividers,
Manual hand held pump
Tide/Current Atlas, charts for Clayoquot Sound #'s will be handed out.
Check with Island Escapades if you need some of this equipment.

Highly recommended:

VHF Radio
Chart -Necessary
Tide and Current Tables West Coast Vancouver Island South (Chart #'s and other possible Tidal books will be handed out to your several weeks prior to course start date)
Compass and ruler
Flares
Good wet or Dry suit (We recommend if possible a dry suit)

If you need a Kayak rental for the course, we charge \$125.00 + tax for the week. This is a roto-mold boat with pump, spare paddle and float pad- all the trimmings (but no stuffing). We spend 4 days in and around the Gulf Islands, and four days on the West Coast north and South of Jordan River or in Clayoquot Sound. Vehicle Transportation with gear is provided. We spend the first day on Cusheon Lake doing rescues & Strokes. The second day we head off to Porlier Pass and work with Currents and Tides. We paddle back via Thetis and Kuper Island and Camp our last night on Tent or Wallace Island. The second half of the course is done on the west coast either in Clayoquot sound or north of Jordon River where we do one day of Surfing and then head north working on weather, swells, and group management in rougher class 3 conditions. The last day of the course is a practical and written exam.