

## Basic Kayak Instructor Course

This course provides national certification in the instruction and administration of the Paddle Canada Basic Kayak skills course. This award may be achieved through a course or apprenticeship.

<b>Course Length</b>	2 days minimum
<b>Class Ratio</b>	1 Instructor Trainer: 6 candidates (This instructor course must have a minimum of three registered candidates. See page 62 for more information.) 1 Instructor Trainer + 1 assistant: 8 candidates (See <i>Assistant/Apprentice Instructor and Student Ratios</i> on page 60 for more information.)
<b>Minimum Staff &amp; Certification</b>	Instructor: One Basic Kayak Instructor Trainer Optional assistant(s): Level-1 Instructor
<b>Location</b>	Enclosed and sheltered with easy landing options immediately present Appropriate portions of this course can be taught in a pool Course Directors and Instructors must ensure that they or the host organization have secured any required permits and adequate insurance coverage to comply with on-water and on-land activity locations. See page 24 for more information
<b>Conditions</b>	Wind calm (< 8 knots) Sea state calm to rippled

### Prerequisites

Prerequisites must be completed before the development process begins.

The Basic Kayak Instructor candidate must have:

- **Minimum Age** – at least 16 years of age
- **Skills Certification** – successful completion of Paddle Canada Level-1 Skills
- **Instructor Certification** – none
- **Teaching Experience** – none
- **First Aid Certification** – current certification in first aid with CPR (14 hours)
- **Paddling Experience** – 30 days in Basic level conditions.

## Mandate of the Basic Kayak Instructor

The Basic Kayak Skills instructor is certified to

- conduct Paddle Canada Waterfront Kayak and Basic Kayak skills courses and certify paddlers at those levels.
- assist a Level-1 Instructor on a Level-1 Skills course.
- assist a Kayak Rolling instructor on a Kayak Rolling clinic.

## Apprenticing for Basic Kayak Instructor

Optionally, this certification can be obtained through apprenticeship.

The apprentice must be registered and work with an Instructor Trainer on a minimum of two registered Basic Kayak skills courses. The apprentice can work with the same Instructor Trainer on both courses. Refer to page 64 for information on the minimum number of students required for skills courses where an apprenticeship takes place.

<b>Prerequisites to be completed <u>before</u> the assessment process can start</b>	Level-1 Skills certification
<b>Minimum number of courses to assist on <u>during</u> the assessment process</b>	Two Basic Kayak Skills courses
<b>Number of assessing Instructor Trainers required</b>	One
<b>Are different assessing Instructor Trainers required for each course?</b>	No
<b>Minimum certification of assessing Instructor Trainers</b>	Basic Kayak Instructor Trainer

Refer to the section, *Certification of Instructors through Mentorship* on page 64 for general information on the mentor–apprentice process.

## Basic Kayak Skills and Assessment Guidelines

The following is an optional resource offered to Instructor Trainers to aid in the assessment of instructor candidates.

The candidate will complete or demonstrate the following:

**Propulsion** — Demonstrate torso rotation when asked. It may not be obvious at other times.

**Wet exit** — Shows control by staying underwater to first knock the hull three times. Nose plugs can be worn (not diving mask). Skirt must be in place over the cockpit.

**T-rescue** — Acts as rescuer and swimmer. The rescuer keeps their arms close to their body and drains the cockpit by slightly lifting the bow. Hands stay below the head. The rescuer keeps a firm hold on the capsized kayak to stabilize the raft. The swimmer keeps a hold on the capsized kayak or the rescuer's kayak at all times.

**Hand of God** — Understands the appropriate use of and demonstrate the “Hand of God” rescue on various body types and sizes.

**Lifting a kayak** — Use leg muscles to lift the kayak. While lifting, keep a straight back and avoid flexing forward.

**Safety on the water** — Shows group awareness (stays within group) and clearly communicates instructions to participants.