What you'll learn:

- 1) History of sea kayak touring.
- 2) Selecting the right kayak.
- 3) Dressing for sea kayaking.
- 4) Packing your kayak for touring.
- 5) About the safety equipment.
- 6) Transporting your kayak.
- 7) Managing the risks.
- 8) About group dynamics.
- 9) How to plan a trip.
- 10) Conservation Ethics. The lessons will focus on
- Broken window theory.
- SKGABC low-impact activity guidelines.
- Dealing with waste and garbage.
- 11) Dealing with food and water. The lessons will focus on
- Different ways to treat water with their advantages and disadvantages.
- Strategies to deal with food preparation before and during your trip.
- 12) Basic first aid and first aid kit
- 13) Tarpology. The lessons will focus on
- Securing your tarp.
- Tarp site and selection.
- Strategies for storm-proofing a tarp.
- Which tarp should I buy?
- Basic configuration for setting up a tarp.
- 14) Towing. The lessons will focus on
- Reasons we might want to tow.
- Alternatives to towing.
- Types of tows.
- Tow systems essentials.

- 15) One-way and two-way communication.
- 16) Risk to humans from wildlife.
- 17) Risk management for leaders.
- 18) What makes a leader?
- 19) How to read and use a marine chart. The lessons will focus on
 - The difference between charts and maps.
 - Topographic map symbols.
 - Chart projections.
 - Latitude and longitude.
 - Scale.
 - Measuring distance.
 - Reporting your position.
 - Marine chart symbols.
 - Depths and depth contours.
 - Heights and height contours.
 - The intertidal zone.
 - Hazard symbols.
 - Special areas and boundaries.
 - Aids to navigation.
- 20) Practical navigation techniques. The lesson will focus on
 - Basic piloting.
 - Effect of wind on speed.
 - Checkpoints.
 - Handrailing.
 - Backstops.
 - Aiming off.
 - Range and line of position.
 - The narrative of navigation.
 - The circles of possibility.
- 21) Advanced practical navigation techniques. The lessons will focus on
 - Vectors and calculating the effects of currents on speed.
 - Rule of 60 and the small angle rule.
 - Tools for judging distances.
- 22) Collision Regulations. The lessons will focus on

- The 3R's for avoiding a collision.
- Navigation Lights.
- Canadian collision regulations.
- Vessel Traffic Services.
- Ships whistles and horns.
- 23) Navigating with a compass and electronic navigation. The lessons will focus on
 - The marine compass.
 - The orienteering compass.
 - True, grid and magnetic north.
 - The variation, declination and deviation.
 - The magnetic dip.
 - Bearing, heading and course.
 - How to use the compass.
 - Bisects and triangulation.
 - Dead reckoning with a compass.
 - Navigation tips to be efficient.
 - Tactics in low visibility, especially in fog or at night.
 - Electronic Navigation.
- 24) A better understanding of how swell and waves are formed and how they affect watercraft. The lessons will focus on
 - The Beaufort Scale.
 - Rebounding waves.
 - Refracting and diffracting waves.
 - Boomers.
 - Clapotis.
 - Storm Surge.
 - Seiche Waves.
 - Tsunami.
 - Surf.
- 25) A better understanding of how to paddle in the ice. More specifically, you will learn
 - The different types of ice.
 - The hazards caused by icebergs and glaciers.
- 26) A better understanding of tides and currents, their origin and how they impact watercraft.

The lessons will focus on

- Variables affecting the tides.
- Types of currents.
- Surface features of a current.
- Paddling in currents.
- Where to get information about tides and currents.
- Calculating tide heights and times.

- Rule of 12ths.
- Rule of 50/90.
- Doug and Mike's most excellent rule of 25%.
- Calculating current speed, direction and times with maximum rates.
- Calculating current speed, direction and times with percentage rates.
- Calculating current speed, direction and times with interpolation.
- Rule of Thirds.
- Slack Water Rule.
- 27) A better understanding of how weather systems are formed and affect you. The lessons will focus on
- Barometric pressure.
- Clouds.
- Cells.
- Jet streams.
- Air masses.
- High pressure systems.
- Low pressure systems.
- Frontal systems.
- Precipitation.
- Wind speed.
- Wind direction.
- Coriolis effect.
- Buys ballot and the cross winds rule.
- Gap winds.
- Corner winds.
- Lee effects.
- Fog.
- Sea breezes and land breezes.
- Katabatic and anabatic winds.
- Waterspouts.
- Thunderstorms and lightning.
- Regional patterns across Canada.
- 28) You'll develop skills and knowledge of how to record and interpret marine weather. The lessons will focus on
- Developing competency in recording the marine weather forecast on the VHF radio.
- Understanding the different types of information broadcasted.
- Learning essential tips.
- Developing a shorthand.
- Reading synoptic weather charts.
- Great resources for interpreting weather.
- How to make predictions and decisions.

29) And much more...