

Proposal

Alaska Kayak School Ocean Training British Canoe Union 3 Star Sea Kayak Award

Premise: The Alaska Kayak School will offer dedicated students of sea kayaking a chance to benefit from the training and assessment system of the British Canoe Union to encourage safety and fun on the water by getting involved in our Ocean Training Program.

What's involved?

1. Develop your fundamental skills in the pool and or outdoors, including rolling.
2. Transfer the skills to the outdoors in your own time with the goal of getting training and assessment under the new British Canoe Union 3 Star sea kayak syllabus. You can find the BCU 3 star sea kayak syllabus here: <http://bcuna.com/pages/Main-Pages/Literature.shtml>
3. Use the "new" British Canoe Union 3 Star Sea Kayak Award to help bring your skills in line with the accepted minimum level of skill and safety necessary for paddling on the ocean in conditions of Force 4 winds, sea state 3, and tidal streams of up to 2 knots under the guidance of a qualified leader.

How does it work?

Once you've been accepted to participate in the program, you need to get the gear together to be a useful member of a group with an appropriately qualified leader in Force 4 winds, Sea state 3, and tidal streams of 2 knots.

Once you have your gear, you get on a contact list to take advantage of any opportunities to paddle outdoors through the winter in appropriate conditions. These paddling opportunities will focus on specific training items in the following categories: personal equipment, personal skills, planning and navigation, safety and rescue, and group awareness consistent with the 3 Star Sea Kayak syllabus.

What is the goal?

To help prepare you to pass the British Canoe Union 3 Star Sea Kayak test, enabling you to safely paddle in a moderate tidal environment as part of a group with an adequately qualified leader in winds of no more than Force 4, sea state 3 and 2 knots of tidal stream current.

Caveats

Because of our long winters, much of the training may need to occur in the pool, this will include efficient and safe personal skills including rolling, and a variety of safe and efficient sea kayak rescues.

Although it is not policy, it is commonly accepted that you should be trained and assessed by different people, i.e., your training and assessment should be completed by different coaches/assessors.

There is only one BCU sea kayak coach and assessor qualified to train and assess the 3 Star Sea Kayak Award in your area, Tom Pogson, BCU # 073076/F, a BCU Level 4 sea kayak coach and Canoe Safety Test assessor. Tom is developing his BCU qualifications to offer the new BCU 4 Star leader award, and expand his safety and rescue training and assessment qualifications to offer the new BCU course, Foundation Safety and Rescue. In addition, Tom holds alternative discipline BCU personal skills awards in inland kayaking (whitewater), kayak surfing, and open canoe. Tom is also an American Canoe Association Open Water Coastal Kayak Instructor, and ACA Coastal Kayak Open Water Instructor Trainer trainee.

To learn more about the BCU awards see:

<http://bcuna.com/pages/Main-Pages/Literature.shtml>

To learn more about the ACA Coastal Kayaking Program see here:

<http://www.americancanoe.org/instruction/instruction.lasso>

Because Tom is the only qualified trainer and assessor, and he knows all of you, it is important to review in advance the problems associated with this dynamic, and openly accept the "overhead" we inherit from such a small program. We can discuss this at the initial meeting, date and time to be announced.

Visiting BCU coaches and assessors. There is a chance that we'll have some visiting assessors capable of conducting the 3 star sea kayak assessment at the Immersion Sea Kayaking Skills Symposium, May 22-26, 2009 in Homer. If conditions develop, this will be an ideal time to get assessed by someone other than Tom Pogson.

Please take note. The new BCU 3 star sea kayak award is neither a leadership award nor is it an award that qualifies you to teach or introduce paddlers to sea kayaking. The BCU 3 star sea kayak award is a personal skills award defining the least common denominator for safety and personal performance in moderate conditions on the sea under the guidance of a qualified leader.

The only realistic lowest common denominator for guiding in conditions is the BCU 4 Star Leader award or the ACA's level 4 Coastal Kayaking Award. BCU 3 star sea or ACA Level 3 Coastal Kayaking Awards are pre-requisites for either of these leadership awards.

Costs

Application and registration - An application and registration fee of \$100 includes classroom training on personal equipment and theory of safety and rescue.

Personal Equipment - If you don't have your own equipment, you need to rent or borrow equipment that is acceptable for safe paddling in the environments in which we normally paddle here in Kachemak Bay. You can receive an equipment list at the initial classroom session. You can probably rent gear from the Alaska Kayak School, but we strongly recommend you get the gear you need and make it yours.

Equipment fees - For all future outdoor programs, the Alaska Kayak School will be separating equipment fees from instruction fees in order to take into account the fact that so many paddlers have their own sea kayaks and paddling gear.

Winter outdoor training sessions of 3-4 hours will be \$45 each and will involve paddling events to focus on sets on specific skills on a progression of increasing difficulty and complexity. You must have your own equipment, or rent from the kayak school.

Pool training - If you need to develop fundamental skills such as rolling, bracing, and rescues in the pool, you would have to take the Homer Community Schools training at the going rates.

Trip Planning and Navigation. Three-hour sea kayak navigation and trip planning sessions will be \$30. There will be accompanying outdoor sessions to apply the navigation skills.

Spring or summer courses of 6-8 hours in duration, including the May courses in Halibut Cove, and which include wet skills will require a \$75/ day fee if you provide your own equipment. Participation in the Immersion Sea Kayaking Skills Symposium will be offered to Ocean Training candidates at a reduced rate, \$75/day.

A \$75 fee will be assessed for participating in the assessment day, and BCU members that pass must pay \$15 to receive the award, non-members pay \$25.

How much training (\$) will it take to get my 3 Star Sea Kayak Award?

This depends on you and how much effort you put into attending training sessions, the skill and equipment you have when you start the program, and how much work you do to prepare for the assessment. In general, once you have your fundamental skills dialed in the pool, it seems likely that 16-30 hrs. of outdoor training with additional appropriate time paddling for practice and consolidation will likely bring success to the dedicated candidate. Many of you have had quite a lot of training, and you will require only some tuning and consolidation, with perhaps some work on planning and navigation, so your path will be shorter than candidates that have done less training and less paddling.

The assessment takes place on a day trip in appropriate conditions, with wind up to and including Force 4, and sea state 3. A \$75 fee will be assessed for participating in the assessment day, and BCU members that pass must pay \$15 to receive the award, non-members pay \$25.

Ocean Training Program – Overview and Sequence of Events

- A. Informational meeting – FREE, location and time tba
- B. Registration and acceptance into program.
- C. Personal Equipment & Theory of Safety
- D. Fundamental Skills Training in the Pool – including efficient personal paddling techniques and rolling.
- E. Taking the skills outdoors – winter paddling in acceptable conditions, and coaching of skills.
- F. Trip Planning and navigation – classroom
- G. Tuning and consolidation of pool skills
- H. Tuning and consolidation of outdoor skills

- I. Prepare for assessment
- J. Assessment Day Trip

Fee Summary for Ocean Training Program

Application and Registration Fee	\$100
Pool Training – as per Homer Community School	
Outdoor Winter Sessions (3-4 hrs. each)	\$45*
Trip Planning and navigation – classroom, 3 hrs.	\$30
Spring Summer Training Sessions (6-8 hrs. each)	\$75*
ISKS Symposium courses	\$75*
Assessment Day	\$75*
BCU Assessment Fees - \$15 for members, \$25 non-members.	

- Must have all the personal equipment defined in the award syllabus and in training, borrowed equipment OK as long as it's in workable condition. Can rent from Alaska Kayak School if need be, please contact us for rates.

Questions?

Contact Tom @ (907) 235-2090, or (907) 299-0061, or email alaskakayakschool@gmail.com.