



# Kawartha Whitewater Paddlers

Come paddle with us! <https://www.kwpclub.ca> [kwpclubinfo@gmail.com](mailto:kwpclubinfo@gmail.com)

## Lake Kayak Instructors Course

There are three paddling clubs in the Kawarthas affiliated with Whitewater Ontario/Canoe Kayak Ontario. This course is designed to meet the needs of both whitewater and flatwater clubs. This course is for club trip leaders and instructors kayaking on flatwater (lakes, rivers, canals) and pool sessions. It is an appropriate course for students pursuing summer camp or recreational program employment. This weekend course combines two National Coaching Certification Program (NCCP) qualifications:

**Lake Kayak Instructor** – Qualifies instructor to lead and instruct paddlers on lakes. Demonstrates and instructs rolling, edging and basic strokes to new paddlers to prepare them for open water and whitewater. Teaches group management and basic rescues (t-rescue, towing, self-rescue).

**Pool Kayak Instructor** – Qualifies instructor to lead a pool kayaking session. Ideal entry point for new instructors. Well suited to lifeguards. Instructs the basics to new paddlers including propulsion, basic strokes and wet-exits.

This course will have a ratio of 6 trainees per learning facilitator (LF)/evaluator. We need a minimum of 6 trainees to run the course. 12 trainees with 2 LFs is the ideal number. With 12 trainees we can bring in a second trainer and conduct the evaluations on the Sunday, rather than a subsequent weekend (each trainer cannot evaluate their own trainees).

## Prerequisites:

Minimum Age: 16 years

Must have intermediate flatwater skills and bring their own equipment, including float bags or equivalent floatation (even a beach ball can work).

## Dates:

Depending on the number of students, and whether this course runs on two subsequent weekends, or in one weekend, the schedule is as follows:

One weekend:

Friday June 21 evening session 7:30-9:00

Saturday June 22 8:00 - 5:00

Sunday June 23 9:00 - 5:30 (evaluation runs from 1:00 p.m. to 4:00 p.m. (with an hour and a half 4 to 5:30 pm for individual feedback sessions as needed)

*KWP is a 75-member club of whitewater enthusiasts based out of Peterborough, but drawing our members from a wide geographic area, Kingston to Mississauga. You can find more information on our club at [kwpclub.ca](https://www.kwpclub.ca) and at our Facebook page <https://www.facebook.com/groups/kawarthawhitewaterpaddlers/>*



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Two weekends:

Saturday June 22 9:00 – 4:00

Sunday June 23 9:00 – 4:00

Another date TBD either 8:00 – 12:00 (volunteer students arrive at 9) plus individual feedback sessions afterwards or 12:00 – 4:00 (volunteer students arrive at 1:00) with evaluations afterwards

## Location:

The course combines in-class and on-water instruction. It will be held in Peterborough. The on-water instruction will be on Little Lake or a flat-water section of the Otonabee river or Trent canal.

## Costs:

\$350. This includes \$200 trainer cost (approximate – cost will fluctuate depending on number of registrants – 6 or 12 is the most cost effective), plus \$120 Canoe Kayak Canada (CKC) certification registration fee (this fee is valid for 3 years and includes a Paddle Canada instructor membership/insurance for 2019). CKC certification pays for the development of the course curriculum and is necessary for any trainees pursuing future training to higher levels. To register, for KWP members, please contact Simon at [kwpclubinfo@gmail.com](mailto:kwpclubinfo@gmail.com). For other paddling clubs' members, please contact your club's contact person. Other clubs are welcome, but clubs do need to purchase their own spots for sending trainees to this course. This course is being organized on a break-even basis, KWP is not financially benefitting from it. The Trainer amount is paid prior to the course; the registration fee is paid to the instructor to pass to CKC by each individual upon arrival at the course, or before (TBD).

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