

## **Gould Lake Outdoor Centre Staff Orientation to Canoeing and Kayaking**

Unlike the name implies, this training program, started in spring 2009, aims to help Gould Lake staff achieve high level skills in first-aid, canoeing and kayaking, while not having them spend their full summer's wages doing so. This course combines a 40-hour wilderness first-aid course, with an ORCKA Flatwater Kayak Instructor/ORCKA Coastal Kayaking Level 1 course. Until 2017, this set of training courses included a Canadian Style Paddling Level 3 course as well. The CSP3 course is replaced with an ORCKA Canoe Tripping Level 3 course.

Individually, these courses would cost upwards of \$800. The upfront cost of the AWFA course is \$200, the FWKI course is \$100 and the CT3 is \$250. If you complete two full-time summers of work with the Gould Lake programs, we will reimburse that \$550 to you. Essentially you are investing time and effort, and gaining some incredible skills, knowledge, confidence and certification.

<b>Dates for GLOC SOCK 2018</b>	
Advanced Wilderness First Aid (40 hr)	May 18 - 21
GLOC SOCK Kayak (FWKI/CK1)	June 18 - 21
GLOC SOCK Canoe Tripping 3	May 11-13, 25-27

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### **COURSE DETAILS**

#### **Advanced Wilderness First-Aid**

The 2018 Advanced Wilderness First Aid course will be run by Lee Chantrelle.

The course typically runs from 9:00AM - 5:00PM each day.

BYO Lunch and Hydration

Please bring extra clothes and outdoor gear for scenarios.

*Heads up:* Usually there is a night scenario on the Saturday or Sunday evening.

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#### **GLOC SOCK Kayak**

This is a fast paced, condensed kayak course which provides a solid foundation of kayaking skills and teaching resources and practice.

Typically, this course has a new location for each of the 3 days. In the past, we have used Gould Lake, Wolfe Island, Loughborough Lake and the 1000 Islands. Be prepared to see new conditions each day.

BYO Lunch and Hydration

Please bring clothes and gear for paddling rain or shine.

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#### **Canoe Tripping 3**

This ORCKA Canoe tripping 3 is an “in-tents” course focusing on peer led instruction of ORCKA skill and theory topics, canoe tripping skills, ongoing impromptu teaching and sharing as well as scenario based leadership while on two short canoe trips. We will meet at “the Barn” on Friday May 11<sup>th</sup> for a planning and prep to head out on trip for the weekend.

The CT3 course while challenging offers a great opportunity to learn from a collective of knowledgeable trip leaders (like yourself) and to push yourself to expand your tripping toolbox.

As part of the course you will be responsible for menu planning, purchase and prep for some of the group meals on the trip. Please plan to bring enough treats and snacky-snacks needed to get “**you**” through long days where meals might be a little later than normal. Gould Lake is now “nut aware” so please do not bring any tree nuts or peanuts

Food and transportation is not paid by Gould lake for this course but equipment, ORCKA admin costs and permits are.

If you do not have the prerequisites for this course but are interested in participating please let us know. We may be able to get you ready before the start date.

#### Prerequisites

1. ORCKA Canoe Tripping Level 2, Canadian Style Paddling Level 1 and River Running Level 1A (Tandem) or Moving Water Level 1A (Tandem), equivalent certification or comparable skills and experience (with the permission of the Course Director)
2. Evidence of at least 25 nights of wilderness canoe tripping experience; wilderness canoe tripping distances totalling 500 km: at least 6 canoe trips in which the candidate was responsible for some of the organisation and leadership and at least one wilderness trip of 5 days or more.
3. At least 17 years of age to qualify for Canoe Tripping Level 3 certification.

#### Link to ORCKA

page [http://www.orcka.ca/uploads/ORCKA\\_Canoe\\_Tripping\\_Level\\_3\\_Prerequisites\\_summary\\_Canoe\\_Program\\_2009.pdf](http://www.orcka.ca/uploads/ORCKA_Canoe_Tripping_Level_3_Prerequisites_summary_Canoe_Program_2009.pdf)