



# Chuck Dorsett

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## *Paddling (Canoe/Kayak) Synopsis, June 2013*

### Goals

- BCU 3-Star Sea Kayak Certification
- BCU 3-Star Canoe Certification
- Lead day-trips, do internship with kayak company
- More paddling with friends in all kinds of craft!

### Paddling Experience

*Summary: recreational kayaking since 2006. Purchased kayaks in 2009, and have been more active in kayaking/camping in the last three years. [BCU](#) certified since 2013.*

- Led introductory kayak small group (Summer 2012)
- Discovery Sea Kayak 3-day multiday trip San Juans (July 2012)
- Discovery Sea Kayak 3-day multiday trip San Juans (June 2011)
- Maui, Hawaii day trip (February 2011)
- Blake Island self-led overnight trip (July 2010)
- Channel Islands day trip, Santa Barbara CA (March 2009)
- Various WA locations day trips (2006 – present): San Juan Islands (Lopez, San Juan, Orcas, Jones, Stewart), Deception Pass area (Bowman Bay, Canoe Pass), Seattle Area (Lake Union, Lake Washington), Blake Island / Southworth, Tacoma / Gig Harbor area (Point Defiance Park, Gig Harbor, Wollochet Bay), Olympia area (Budd Inlet, Nisqually Reach)

### Training / Skills / Memberships

- Alder Creek / BCU Week 3-star Canoe training & assessment (scheduled, October 2013)*
- Alder Creek / BCU Week 3-star Sea Kayak assessment (scheduled, October 2013)*
- Body Boat Blade Performance Paddling (scheduled, June 2013)*
- Body Boat Blade BCU Coach Level 1 certified (May 2013)
- Body Boat Blade Foundational Safety and Rescue Training [FSRT] (May 2013)
- Adult / Pediatric First Aid / CPR / AED (April 2013)
- BCU 2-star award assessment in kayak/canoe (April 2013)
- Body Boat Blade Open Canoe training (February 2013)
- Alder Creek / BCU Week 3-star sea kayak training (October 2012)
- Body Boat Blade 5-day kayak camp (June 2012)
- Puget Sound Sea Kayak Symposium – Tacoma (May 2009)
- NWOC Fundamentals of Sea Kayaking Class (August 2007)
- NWOC Basic Strokes Class (2006)
- Navigational / Chart skills, Tide/Currents (Captain Jack!)
- Leadership / Operations skills (IT Manager, led overseas trips for teens)
- WWTA Member since 2010

## Gear

- Necky Chatham 16' fiberglass kayak
- Werner Ikelos bent shaft carbon paddle
- Kokatat Gore-Tex Meridian dry suit, NRS Ultra wetsuit
- Snap Dragon spraydeck
- Kokatat MsFit Tour PFD and Tributary hydration system
- Sweet Helmets Strutter helmet
- Standard Horizon HX300 VHF Marine Radio
- North Water Tow Belt
- Other Safety and First Aid Equipment
- Camping equipment

## *Training Descriptions*

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### **Body Boat Blade Performance Paddling**

<http://www.bodyboatblade.com/classes/class/performance-paddling>

“Effective, efficient, and easy - this class is the mastery of kayak handling skills intended for experienced kayakers looking to hone their skills to a high level of performance in dynamic environments. We combine an understanding of how the environment (wind, waves, currents) can affect our kayaks with the skills of solid edge control, subtle and dynamic blade awareness, and an active posture. The boat and blade become true extensions of your body. Combining technique with the environment that you paddle in, you develop skillful performance. Our goal is efficiency (maximum certainty, with minimum energy expenditure, and minimum movement time) which allows you to take your paddling in new directions.”

### **Body Boat Blade Coach Level 1 training**

<http://www.bodyboatblade.com/classes/class/bcuukcc-coach-level-1-training-assessment?ajax=true>

“This is an introductory coaching award with an overriding priority for safety and fun. This course is intended for those who wish to introduce kayakers at a "taster level", in sheltered waters, as directed by a higher level coach.”

### **Body Boat Blade Foundational Safety and Rescue Training (FSRT)**

A one-day class based on the BCU FSRT syllabus:

<http://www.bcuna.com/PDF-Files/Syllabus/Safety/Safety & Rescue%20Fountation Syllabus.pdf>

### **Body Boat Blade Open Canoe training**

<http://www.bodyboatblade.com/classes/class/open-canoe-training?ajax=true>:

“There is a joke in the paddling community: ‘Let’s go learn the advanced kayak strokes also known as the basic canoe strokes.’ At Body Boat Blade, we have learned that good canoeist make great kayakers. The emphasis of this class is on gaining a breadth of experience, creating desired movement of the boat and developing an understanding of how the paddle, boat and water interact.”

### **Alder Creek / BCU Week 3-star kayak training**

This 3-day class, taught by Jeff Laxier ([Liquid Fusion Kayaks](#)) and Malcolm Kelly ([Alder Creek Canoe/Kayak](#)) covered the skills in the BCU 3-star sea kayak syllabus: [http://bcuna.com/PDF-Files/Syllabus/3\\_Star/3\\_Star\\_Sea\\_Syllabus.pdf](http://bcuna.com/PDF-Files/Syllabus/3_Star/3_Star_Sea_Syllabus.pdf)

### **Body Boat Blade 5 Day Skills Camp**

<http://www.bodyboatblade.com/classes/class/five-day-kayak-camp?ajax=true>

“This is our most comprehensive class. For 5 days, you will be immersed in sea kayaking. We will use the pull of the moon to go from one island to another, faster and with less effort. We will learn how to go from a "low oxygen environment" to a "high oxygen environment" with the drop of a leg and a sweep of the paddle. We will eat seaweed, see awesome wildlife, and roast marshmallows by the campfire. This is a learning vacation! With other paddlers and great coaches, you will learn about: kayak technique, kayak rescues, rolling, towing, reading and predicting currents, and navigation. If you are passionate about kayaking, have the stamina to play hard for five days in a row, and love to learn, this is a great class for you!”

### **NWOC Fundamentals of Sea Kayaking (FOSK)**

<http://www.nwoc.com/classes/skclass.asp#Fundamentals>:

“Looking for a great way to enter the world of Sea Kayaking? Paddling the inland waterways of the Pacific Northwest can be fun and safe, providing you have the necessary knowledge and skills. This 4-session class gives you three lake sessions to learn stroke and rescue techniques, a current lecture where you will learn what currents are and how they work in theory, and a daytrip where you get to practice all of the above in real-life situations. You will learn about the boats and related equipment, proper clothing, safety considerations, navigational tools, and resource material. You will learn how to rescue yourself and others, and how to prevent capsizing by using bracing strokes. During the stroke sessions you will learn how to use the paddling strokes for maximum efficiency and stability. For our saltwater outing, we will choose a location where we can practice working with, against, and across currents, in a tightly controlled situation. The emphasis of this class is to build good paddling skills along with good sea-sense. No experience necessary but be prepared to get wet! This class will prepare you to deal with paddling inland waters in moderate current and wind conditions.”

### **NWOC Basic Strokes**

<http://www.nwoc.com/classes/skclass.asp#Basic>:

“This class is our basic water session for beginners who are just checking out the sport, and want to learn some proper paddling technique. Students in this class will practice basic boat handling skills, including an efficient forward stroke, turning strokes, reverse strokes, braces, and moving the boat laterally. The instructors and student volunteers will demonstrate rescue techniques at the end of class, earlier if necessary! This class will prepare you for sheltered paddling in recreational kayaks or sea kayaks.”

### **2009 Puget Sound Sea Kayak Symposium - Tacoma**

A one-day mix of on-water instruction and classroom workshops, including workshop on “Becoming a More Powerful Kayaker with Applications for Activities of Daily Living” by Dan Henderson, and one-hour Basic Strokes on-water course.