# **Henry Plexman**

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# WORK EXPERIENCE

#### A WILDER EXPERIENCE

Sea kayak guide, June 2022-present

- Guided day trips on the Avalon peninsula in Newfoundland.
- Dealt with bookings and guest inquiries.
- Repaired boats and other company property.
- Monitored tides and weather to ensure safe outings.
- Worked on standby as land support in case motorboat rescues were needed.

#### **CANMORE SIDING AND ROOFING**

Siding Carpenter, February 2020-august 2021

- Installed siding on new construction and renovation projects.
- Worked with finished product requiring attention to detail.
- Safely worked at heights with scaffolding and fall arrest systems.
- successfully addressed the concerns of clients and project managers.

#### MICHEL RONDEAU CONSTRUCTION

Framer, July 2017 - January 2020

- Framed houses and commercial buildings.
- Built concrete foundations for buildings.
- Renovated houses and businesses
- Worked with a wide variety of tools including chainsaws.
- Became familiar with industry safety protocols and safety equipment.

#### CITY OF TORONTO PARKS AND RECREATION, Toronto, ON

Camp counsellor , Jul 2013 – Aug 2014

- Organize and oversee activities for campers aged 6 to 12
- Work one-on-one with developmentally disabled children to ensure their safety and integrate them into activities

#### EDUCATION

#### THOMPSON RIVERS UNIVERSITY, KAMLOOPS BC

Adventure guide certificate.

#### CERTIFICATIONS

- <u>Wilderness Medical Associates International</u> Wilderness First Responder (80 hour)
- Sea Kavak Guides Alliance of British Columbia Level 1 sea kayak guide
- Rescue Canada Swiftwater Rescue Technician 4
- VHF marine radio operator's certificate
- Alberta class 5 driver's licence
- Pleasure craft operator's license

### **RELEVANT EXPERIENCE**

- Sole leader and organizer on eight multi day canoe trips in Ontario, Alberta, and BC including Clearwater and Azure lakes.
- Paddled the Hood River in Nunavut as a leader in training with camp Hurontario.
- Have performed canoe-over-canoe rescues in real life emergencies and for practice.
- Have successfully paddled in adverse conditions such as broadside waves up to 3 foot tall, tremendous headwinds, and arctic whitewater.
- Over sixteen years of personal canoeing experience.

# ADDITIONAL SKILLS

- Heavy lifting.
- Good at working in a fast-paced environment.
- Great at talking to clients.
- Responsibility for all of my actions.
- Fluent in English and French.
- Safe and respectful driver.
- Extensive knowledge of Canada's natural history.
- Experience operating many power tools including chainsaws, nailguns, and generators.

# **INTERESTS AND HOBBIES**

- Canoeing, kayaking, Hiking and climbing.
- Cooking.
- Natural history, especially concerning fauna.
- Canadian history.
- Woodworking.

# REFERENCES

Charles Busque

Former employer, Canmore Siding and Roofing Canmore, AB Phone: 587-877-3630 Email: info@canmoresidingroofing.com

Sarah Hauser Sea kayaking mentor Phone: 250-218-9383 Email: hausersarah@yahoo.com

René Ritter Employer Phone: 709-325-3616 Email: info@awilderexperience.ca