

# **Whitewater Open Canoe Class I-II Tandem & Solo River Tripping (Level 1)**

**JUNE 13-14, 2009 9:00AM-4:00PM**



## **HERE'S WHAT TO EXPECT:**

This two day intensive course is for those who have never paddled a canoe before or have paddled flatwater only. Have fun learning about equipment design, stroke technique, maneuvering, river hazards and rescues. This course is designed to teach you the river tripping techniques needed to paddle loaded canoes down rivers with some whitewater. Tripping canoes are outfitted with thigh straps and floatation bags to enhance your safety and learning on flatwater through Class II whitewater.

## **SKILL REQUIREMENTS:**

No experience is necessary . A willingness to get wet is required.

## **WHERE:**

This class will begin at 9am at the UMD Outpost in Carlton, Minnesota. This is a physically active class, please get plenty of rest and eat a healthy breakfast.

## **COURSE INFORMATION:**

Read the attached course outline to familiarize yourself with the skills that you will be learning.

## **EQUIPMENT:**

Please bring layers of clothing to stay warm on and off the water. Refer to the attached equipment list for items to bring for on water use.

## **FOLLOW UP:**

Staff will be at the Outpost by 8:30am. Please call the Outpost if you will be late, need directions, or are not able to attend the course (cancellation policy applies). Outpost phone # (218) 590-6667.

## **COST: \$245**

All participants must complete the UMD Health Form and Liability Waiver during the registration process.

## **Explore more with the Outdoor Program:**

- Custom Courses in Whitewater Open Canoe for River Tripping or Playboating, call Randy at (218) 726-6177
- Thirteenth Annual St. Louis River Whitewater Rendezvous July 24-26
- Swift Water Rescue May 23-25

## **GENERAL INFO:**

Phone: (218)726-6533

Fax: (218) 726-6767

Email: rsop@d.umn.edu

www.umd.rsop.org

For more whitewater paddling information call Randy Carlson at (218) 726-6177.

**The Real Classroom is outside...Get into It!**

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## **Course Outline**

### **Day 1**

- Introductions and expectations
- Canoe design
- Nomenclature
- Equipment
- Portaging instruction
- Portage 40 yards to Thomson Reservoir
- Entry and exit from the canoe
- Balance
- Tandem stroke development (Forward and reverse 1/4 sweeps, forward and reverse strokes, in water recovery and sculling draws, prys, and j-stroke)
- Braces (High and low slapping and sculling)
- Rescues
- Lunch
- More stroke development time in tandem and solo canoes
- Communication between canoe partners
- Maneuvering the boat with speed
- Moving water maneuvers on last rapid of the St. Louis River before Thomson Reservoir (easy access from reservoir).

### **Day 2**

- Hydrology talk
- River reading from land below Thomson Dam
- Move to Upper St. Louis River
- River orientation and safety
- Review portaging and maneuvering on river
- Lunch on the river
- Moving water and whitewater ferries, peel outs, eddy turns, and s-turns
- Scouting rapids from boat and land
- How to keep your camping gear dry in rapids
- Throw bag
- Swimming techniques
- Load trailer
- Return to the Outpost
- Course evaluations closure

### **Course Objectives:** Participants will learn how to:

- Identify basic canoe designs and uses.
- Safely maneuver tripping canoes through class II+ whitewater.
- How to communicate with their paddling partner while in whitewater.
- Identify potential hazards in a river environment.
- Identify safe and efficient routes through rapids.
- Rescue fellow paddlers using throw bags and canoe over canoe techniques.

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## **Equipment List**

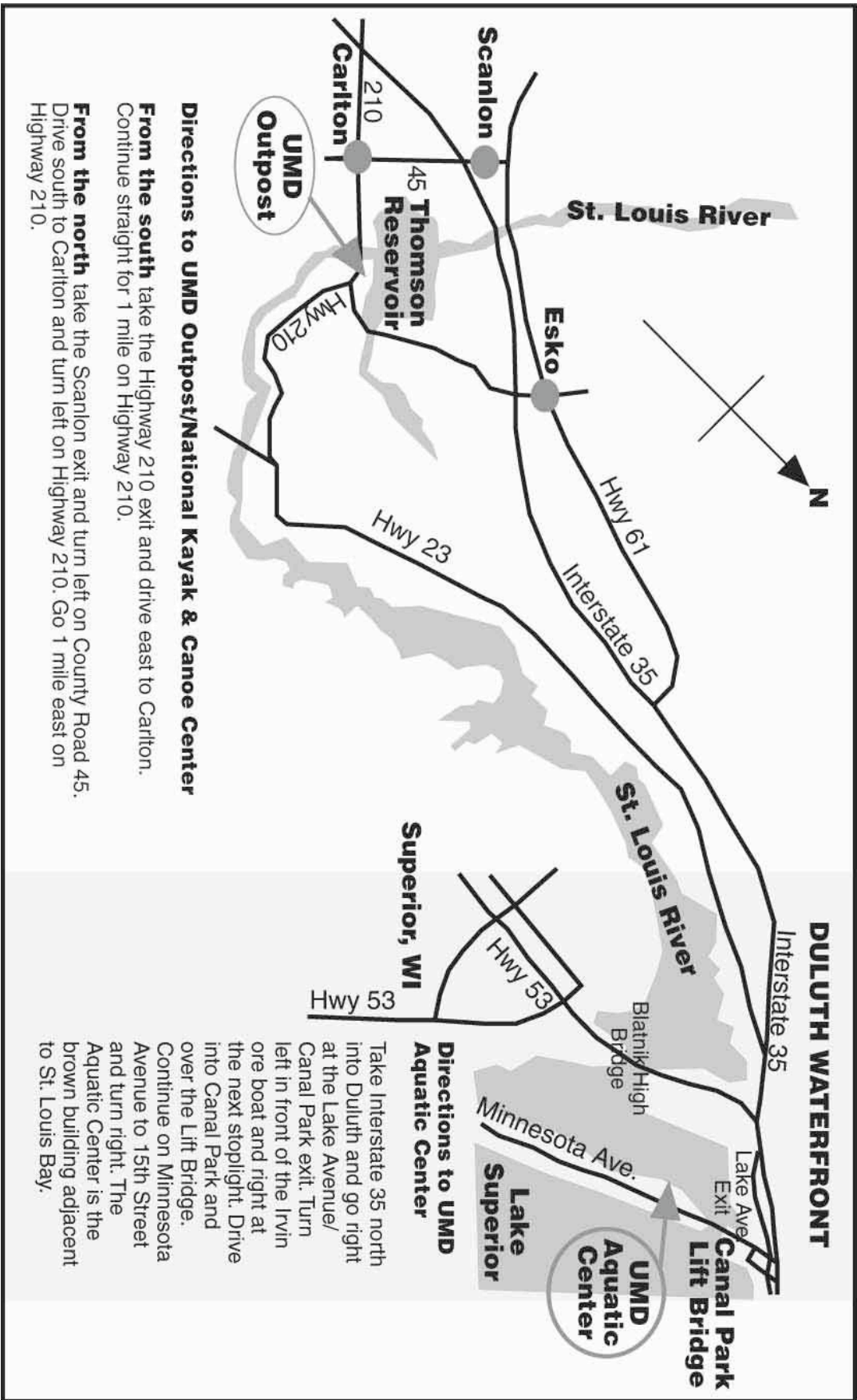
The weather in June can be cold and wet. Please bring layers of clothing to stay warm on and off the water. We will be in and out of the water frequently so please bring warm clothing and plenty of food. Refer to the equipment list for items to bring for on-water work. We will be getting wet during this course. Bring your whitewater kayak or canoe and accessories if you can. We will look at your equipment and provide additional safety and performance ideas. If you need to use our equipment please indicate this on your registration.

### ITEMS WE FURNISH

- canoe
- life jacket
- helmet
- canoe floatation
- paddle
- whitewater rescue equipment
- wet suit & paddling jacket
- dry bags and maps
- first aid and repair kit

### YOU BRING

- swimsuit & towel
- filled water bottle
- sunglasses
- eye glasses strap
- sunscreen
- warm hat that covers ears
- notebook & pencil
- lunch
- nylon wind breaker
- nose plugs
- camera (optional)
- footwear - 1 pair of thin soled neoprene booties or sneakers that can get wet
- synthetic long underwear top and bottom / no cotton
- fleece long sleeve top or wool sweater



**Directions to UMD Outpost/National Kayak & Canoe Center**

**From the south** take the Highway 210 exit and drive east to Carlton. Continue straight for 1 mile on Highway 210.

**From the north** take the Scanlon exit and turn left on County Road 45. Drive south to Carlton and turn left on Highway 210. Go 1 mile east on Highway 210.

**Directions to UMD Aquatic Center**

Take Interstate 35 north into Duluth and go right at the Lake Avenue/ Canal Park exit. Turn left in front of the Irvin ore boat and right at the next stoplight. Drive into Canal Park and over the Lift Bridge. Continue on Minnesota Avenue to 15th Street and turn right. The Aquatic Center is the brown building adjacent to St. Louis Bay.