

Whitewater Kayak Class II-III River Running (Level 3)

CALL FOR CUSTOMIZED COURSE DATES



HERE'S WHAT TO EXPECT:

Learn to paddle a challenging river safely and efficiently. We will teach you how to stop following someone else and start leading the way by focusing on moving from point A to point B as safely and efficiently as possible. We will cover basic and advanced stroke technique, river reading from land and kayak, choosing and staying on a line through a rapid, group dynamics and how to provide safety backup for fellow kayakers. As time and water levels allow, we will also work on basic play techniques.

SKILL REQUIREMENTS:

Must be able to perform ferries, peel outs and eddy turns.
Must be comfortable with self-rescue (rolling or swimming) in Class II-III whitewater.

WHERE:

This class typically begins 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:

The weather in June can be cold and wet. 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: Available as a one or two day private instruction session FOR TWO OR MORE PADDLERS, \$140 per person for one day, \$240 per person for two days, dates arranged at least one month in advance to accommodate every ones schedule.

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

Explore more with the Outdoor Program:

- Rodeo Freestyle Playboating, call for private instruction
- 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.umdrops.org

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

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

Whitewater Kayak Class II-III River Running (Level 3)

Course Outline

Day 1

- Stretching
- Safety equipment
- Review of strokes, bracing and maneuvering
- Self and group rescues
- Selecting waves and holes to play on
- Controlled wave surfing and hole riding
- Jet ferries
- River reading & hydrology, features to look for when choosing a line through a rapid
- Dealing with river hazards
- Proper positioning of safety personnel
- Safe boat scouting habits and eddy hopping to move down river
- Students as river leaders
- Dealing with hard to access river canyons
- Trip planning and organization for day two

Day 2

- Dissection of a complex, continuous rapid
- Advanced river reading from land and in kayak
- Group organization on continuous whitewater
- Students as river leaders
- Exploring the solutions to “what if “ scenarios
- Discussion of tag line procedures and more advanced rescue techniques
- Review key points for trip planning and organization
- Return to Outpost for evaluations and wrap-up at 4pm

Course Objectives: Participants will learn how to:

- Use strokes, maneuvering, and bracing to efficiently travel downstream.
- Use safety equipment and identify river hazards.
- Scout rapids from shore or in their kayak in pool-drop or continuous rapids.
- Plan trips and deal with group organization.

Whitewater Kayak Class II-III

River Running (Level 3)

Equipment List

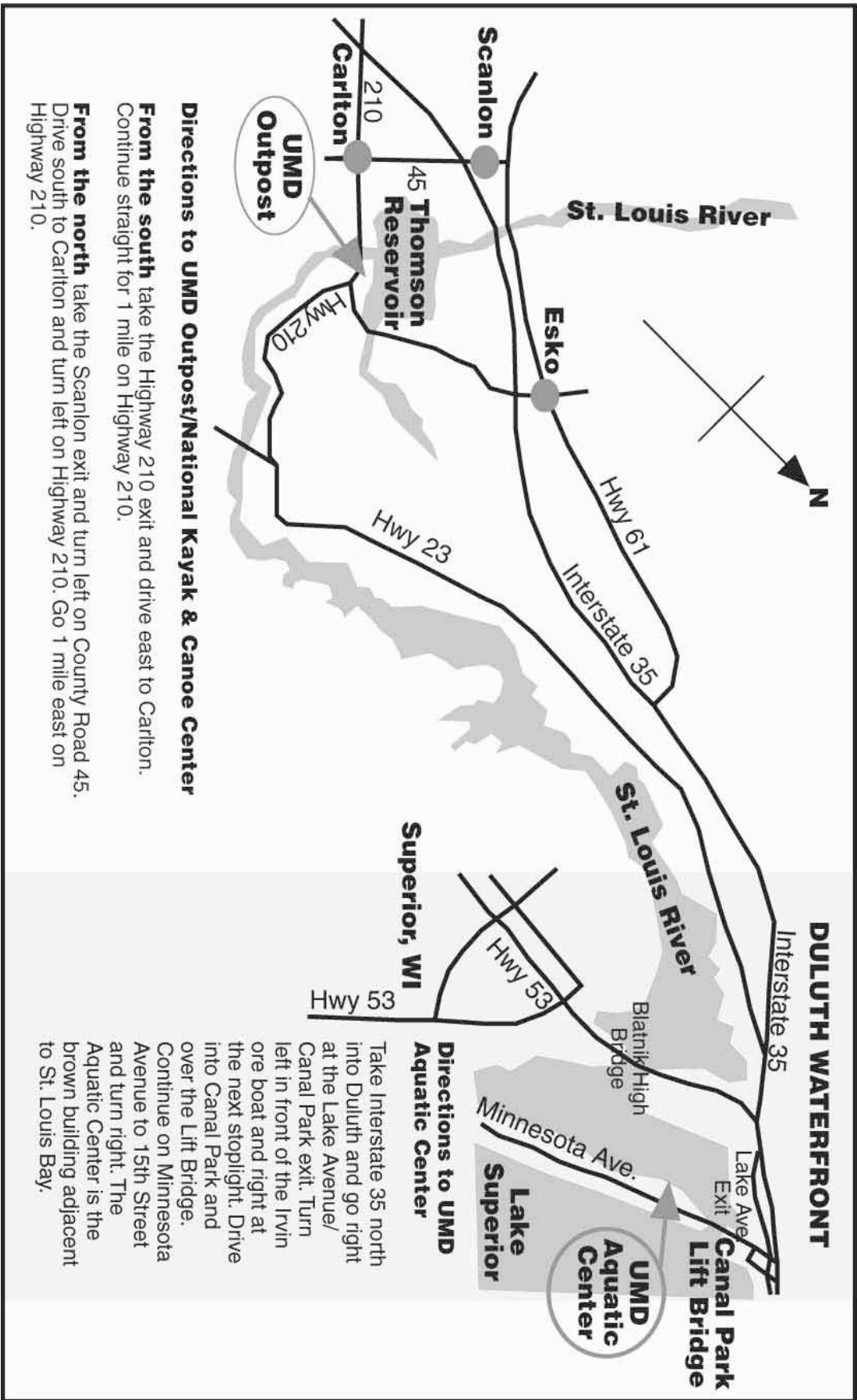
The weather in June can be cold and wet. Please bring layers of clothing to stay warm on and off the water. We will be in and out of the water frequently so please bring warm clothing and plenty of food. Refer to the equipment list for items to bring for on-water work. We will be getting wet during this 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

- kayak
- life jacket
- helmet
- spray skirt
- 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



DULUTH WATERFRONT

Interstate 35
 Lake Ave. Exit
 Canal Park Lift Bridge
 UMD Aquatic Center
 Minnesota Ave.
 Blatnik High Bridge
 St. Louis River
 Lake Superior

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.

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.

UMD Outpost

Scanlon
 Carlton
 210
 45 Thomson Reservoir

Esko

Hwy 23

Hwy 61
 Interstate 35

N

Superior, WI

Hwy 53

Blatnik High Bridge

Lake Ave. Exit

Canal Park Lift Bridge

UMD Aquatic Center

Lake Superior