

Whitewater Kayak River Tune-Up (Level 2)

JULY 17, 2009
9:00AM - 4:00PM



HERE'S WHAT TO EXPECT:

We will begin with a flat water boat control review and then head to the whitewater to polish your river maneuvers. Whether it has simply been a while since your last paddle or you just want some more tips this is the course for you. Our friendly instructors will assess where you are and then shape the course content to fit your needs.

SKILL REQUIREMENTS:

Must have completed a Level 1 course or equivalent. Must be able to demonstrate basic knowledge of strokes, braces, ferries, peel outs, eddy turns, and self-rescue on Class I whitewater.

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:

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) 384-3404.

COST: \$130

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

Explore more with the Outdoor Program:

- WW Kayak Class II-III River Running, call for private instruction
- Stand-Up Paddleboarding Introduction, July 18
- 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.umdrsop.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

9:00am - Meet at Outpost

- Introductions and expectations
- Fitting the kayak
- J-lean and hip snap development
- Bow rescue review
- Personalized roll practice with instructor
- Flat water stroke drills that apply to river running

11:30 - Lunch break

12:30 pm - Drive to Upper St. Louis River put-in or paddle to Upstream-Downstream

- Stroke review (sweeps, forward and reverse stroke, Braces)
- Peel-outs, eddy turns, and ferries in moving water
- Personalized tips and instruction as needed
- Peel-outs, eddy turns, and ferries in whitewater
- Scouting review
- Front surfing and side surfing
- Return to Outpost for evaluations and wrap-up at 4pm

Objectives: Participants will be able to:

- Use the bow rescue or roll when necessary
- Stay balanced when carving turns on flat water
- Maneuver on moving water
- Maneuver on whitewater
- Scout class II whitewater with confidence
- Front surf and side surf in control

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Equipment List

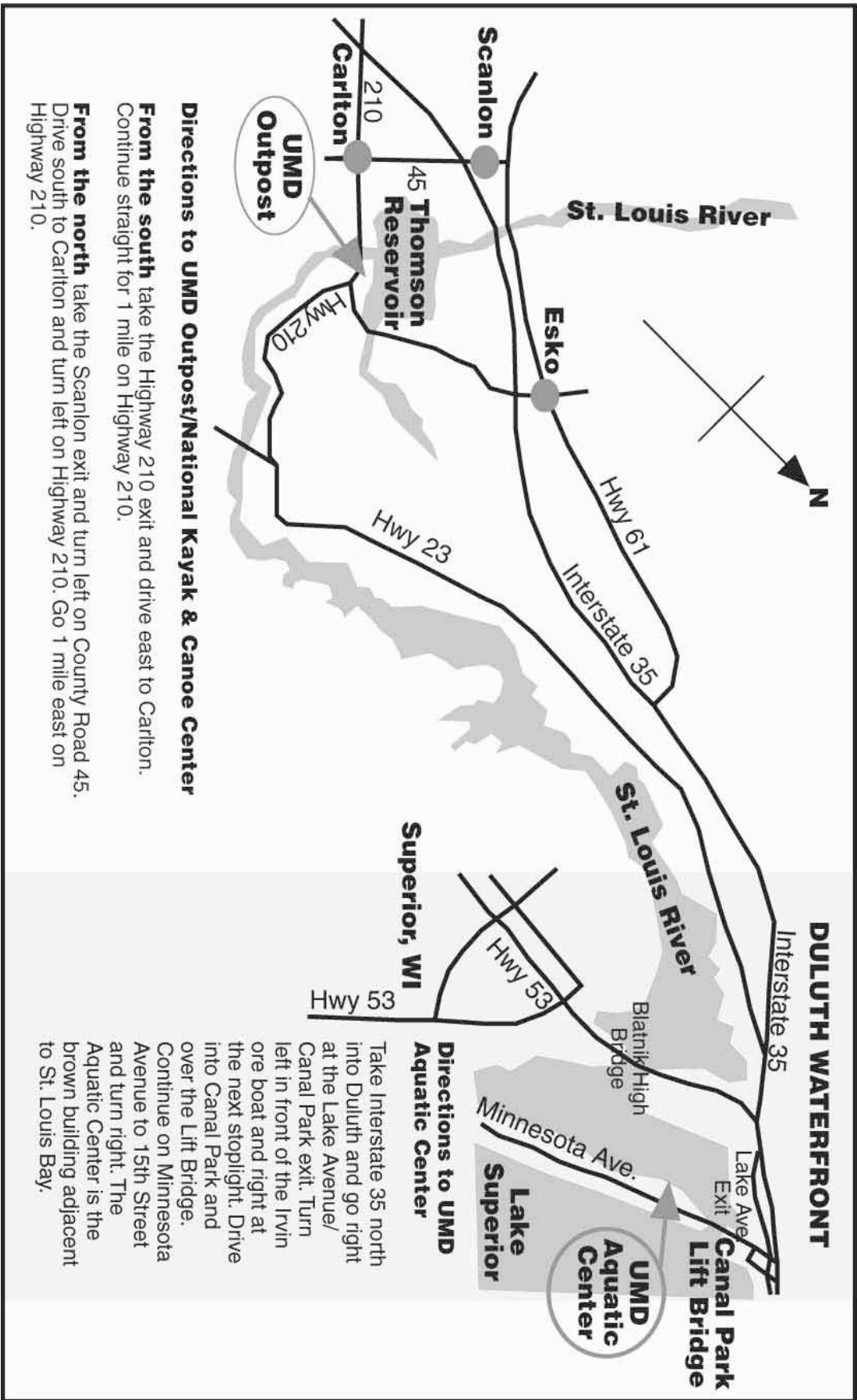
The weather in June can be cold and wet. Please bring layers of clothing to stay warm on and off the water. We will be in and out of the water frequently so please bring warm clothing and plenty of food. Refer to the equipment list for items to bring for on-water work. We will be getting wet during this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

- 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
 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
 210
 Carlton

45 Thomson Reservoir

Esko

St. Louis River

Hwy 61
 Interstate 35

Hwy 23

N

Superior, WI

Hwy 53

Blatnik High Bridge

Minnesota Ave.

Lake Ave. Exit

Canal Park Lift Bridge

UMD Aquatic Center

Lake Superior