

Safety and Rescue Clinic



Fridays 5-9pm by Appointment

HERE'S WHAT TO EXPECT: In order to rent kayaks from RSOP, a customer must provide proof that he/she understands the hazards inherent in open water paddling and that he/she possesses the necessary skills and knowledge to remain safe while paddling open waters. This proof takes the form of a "Safety and Rescue" card that can be obtained through successful completion of the following sea kayaking courses that we offer: "Safety and Rescue Clinic", "Basic Sea Kayak Strokes and Rescues 1-Day Clinic", "Basic Sea Kayak Strokes and Rescue 2-Day Clinic", "Sea Kayak Touring Essentials & Night Navigation", and any of our ACA Instructor Certification courses. This Safety and Rescue Clinic is a four-hour course designed to introduce or refresh people with important safety considerations and common rescue techniques. Instructors will demonstrate and participants will practice the wet exit, paddle float, raft/re-enter/pump, and T-rescue. We will discuss proper equipment and regional trip planning. Learning the physical skills necessary to paddle a kayak usually comes quickly, but the mental aspects of sea kayaking such as safe judgment and recognizing potential problems before they become life threatening takes many years. There are many levels at which sea kayaking can be enjoyed, from small quiet lakes to turbulent and exposed ocean coasts. With a healthy respect for the water and additional practice of what is taught over this course, the paddler will be headed towards many years of safe sea kayaking.

WHERE: The course takes place at the UMD Pool

EQUIPMENT: Please bring the following equipment:
Swimsuit & towel, filled water bottle, notebook & pencil, footwear - 1 thin and narrow soled pair of shoes to get wet, i.e., neoprene booties, teva style sandals, tennis shoes, etc. You may want to bring a pair of earplugs if water flushing in and out of your ears is uncomfortable

WE PROVIDE: noseplugs, boats, paddles, lifejackets, accessories

COST: \$50

Upon completion, receive a 50% discount on your first RSOP sea kayak rental.

Explore More with RSOP:

- *Stand-Up Paddleboarding*
- *Adventure Sport, Beach Recreation Day*
- *Whitewater Kayak Courses*
- *Whitewater Canoe Courses*
- *Rock Climbing on Minnesota's North Shore*
- *Rock Climbing Wall*
- *American Canoe Association Instructor Certification Workshops*
- *Climbing Instructor Certification and Training Workshops*
- *Summer Youth Adventure Camps*

General Information and Registration

Phone: (218) 726-7128

Fax: (218) 726-6767

Email rsop@d.umn.edu

Website www.umdrsop.org

Sea Kayaking Information

Call Pat Kohlin at 218-726-8801

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

COURSE CONTENT

I. Introductions and expectations

- A. Students – name, paddling background, what they want to get from the course**
- B. Instructor – goals of the course – brief outline of the course**

II. Equipment

- A. The kayak**
 - 1. Cockpit and rim**
 - 2. Deck rigging options for paddle float rescue**
 - 3. Hatches, bulkheads**
 - 4. Footbraces**
 - 5. Rudders and skeg**
- B. Flotation bags– secure front and rear buoyancy (Used in tandems and singles without bulkheads)**
- C. The paddle (importance of spare, review parts)**
- D. Spray skirt – purpose and materials (wear outside your PFD for pump)**
- E. PFD – fit and design, outfit with whistle and use pocket for your flares and other signals)**
- F. Safety Equipment**
 - 1. Paddle float**
 - 2. Bilge pump**
 - 3. Stirrup**
 - 4. Signal devices–required for night paddling–light, 3–flares, optional–fog horn, smoke, dye, strobe**
 - 5. Tow line**
 - 6. First aid kit**
 - 7. Compass**
 - 8. Chart or map**
 - 9. Weather radio**
 - 10. VHF radio**
 - 11. Cell phone**
 - 12. Paddle leash**
 - 13. EPIRB**

III. Clothing

Wet suit, dry suit, aqua fleece, poly pro. Wear synthetics, avoid cottons. Paddling wear for warm and cold weather, correct clothing for conditions minimizes risks of hypothermia or hyperthermia. Dressing for the water temperature helps insure that you will have time to execute the rescue. Often a difficult decision, err on the side of safety.

IV. Outfit boats without bulkheads with flotation bags and rescue equipment (bilge pumps, sea sock, paddle float, stirrup).

V. Stretching (as people outfit boats, discuss need for stretching, do abbreviated routine) Using key points sheet.

VI. Wet Exit

- A. Demo by instructor.**
- B. Instructor assisted wet exit.**

VII. J–Lean/ Hip snap

VIII. Strokes in teaching sequence

- A. Touring Forward**
- B. Power Forward**
- C. Back Stroke**
- D. Draw Stroke**
- E. Sculling Draw**
- F. Low Brace**
- G. High Brace**

IX. Rescues, Students must perform one paddle float rescue (with or without stirrup) and one T–Rescue successfully to receive rental card.

- A. Paddle Float Rescue**
- B. Paddle Float Rescue with stirrup**
- C. Re–enter and Pump Rescue**
- D. T–Rescue**
- E. T–Rescue with Stirrup**
- F. All In Rescue (discuss)**
- G. Demo Eskimo Rescue and Roll**

X. Regional Trip Planning

- A. Safety a Rescue Course Video**
- B. Review Duluth Harbor chart and Apostle Island chart. Discuss: expectations, abilities, time, distance, water temp, shoreline, hazards, weather changes, prevailing winds, seiche, medical emergencies/evac. routes / hosp.options, outside help.**

Places to go now including extended courses, clubs, trips, rental options (Cascade Kayaks in Grand Marais, Midwest Mountaineering and R.E.I.)

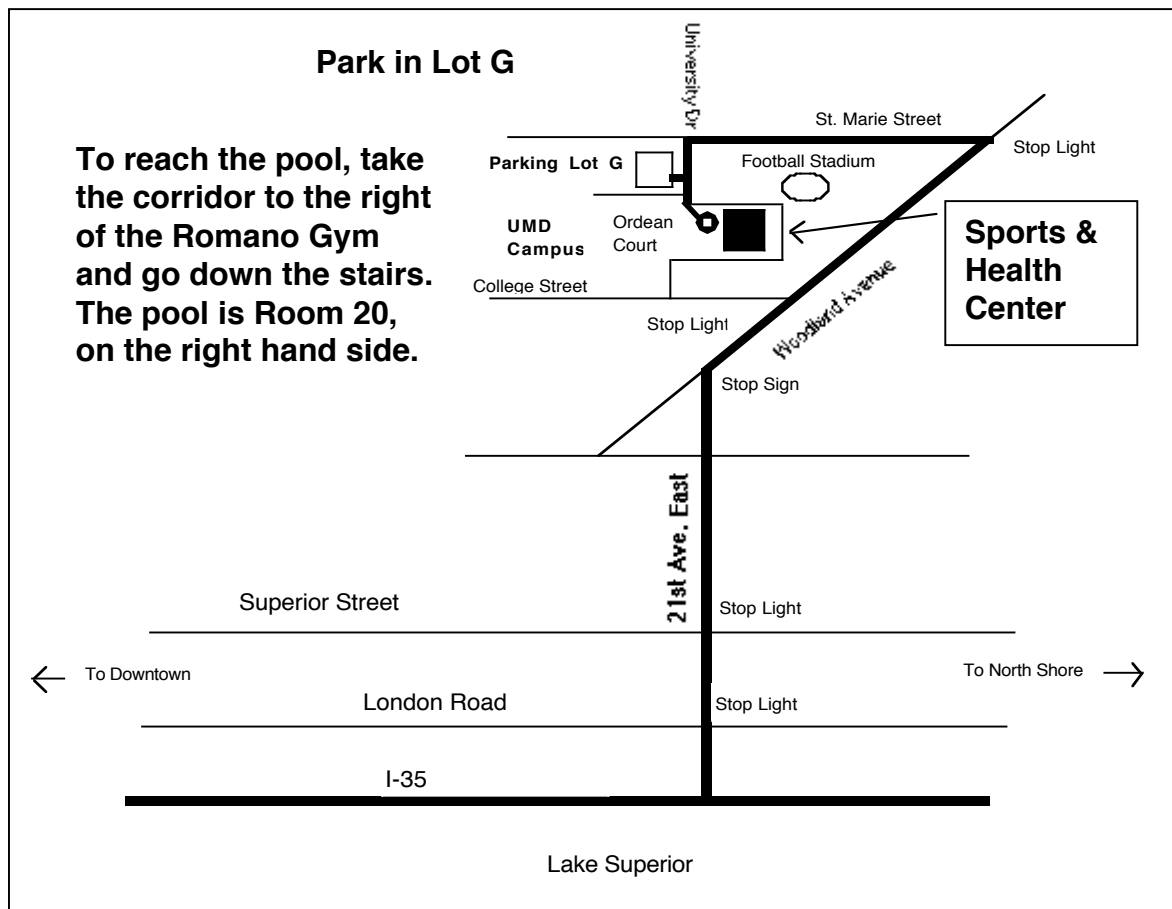
XI. Course review and evaluation

Directions to University of Minnesota Duluth Recreational Sports Outdoor Program Campus Facilities

- Take I-35 North past downtown Duluth to 21st Avenue East. (Not 21st Ave. West)
- Exit onto ramp, turn left at top of ramp and head up 21st Avenue several blocks until you reach a stop sign at a 'T' intersection at Woodland Avenue.
- Turn right onto Woodland Avenue and go several more blocks (*continue past the green 'U of M Duluth' sign*) until you reach the 3rd stop light at St. Marie Street. (*Intersection has a Conoco, Food-N-Fuel and Domino's Pizza*)
- Turn left onto St. Marie Street and travel about 4 blocks to University Drive. You'll see a large **UMD** sign on the left.
- Turn left onto University Drive. Parking lot G is on your right. **Park in Lot G**. Parking cost is \$1.50. (Free during the summer.) and walk to the Sports and Health Center located across from the 'lower left' corner of Lot G. The lobby doors are located behind a cement arch.

Drop Off Spot

- To drop people off, continue forward on University Drive to the stop sign and take the right-hand fork to Ordean Court, a cul-de-sac in front of the Sports and Health Center. (*Note: Ordean Court is a drop off spot only. Vehicles left there unattended may receive a \$28 ticket.*)



For a more detailed map and directions visit UMD's website at
<http://www.d.umn.edu/sss/admissions/discover/visit.html>