

Tour Format: Adventure Sport Beach Recreation Day (Level 1)



CALL FOR CUSTOMIZED COURSE DATES, \$125/person (group size 2-6)

HERE'S WHAT TO EXPECT:

Learn to stand-up paddleboard (SUP), pilot an inflatable or foil kite and kayak with a V-sail! All of these adventure sports are introduced during a one-day outing to a secluded Park Point beach. The instruction emphasis is on kiting and V-sailing when it's windy or paddling and board skills when it's calm. Trip preparation, equipment loading and navigation skills are built into the day. We will also cruise the paved trails using longboards and land paddles at the end of the tour. It's a FUN day that can lead to continued excitement by progressing into SUP touring, surfing or snow kiting.

SKILL REQUIREMENTS & GROUP SIZE:

No experience is necessary. You will get wet ☺ Maximum group size is six to provide personalized instruction.

WHERE:

This class will begin at 9am at the end of Park Point in Duluth, Minnesota and run until 5pm. See map for directions. This is a physically active class, please get plenty of rest and eat a healthy breakfast. Bring a bag lunch and filled water bottles for the beach.

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 details on the items to bring.

FOLLOW UP:

Staff will be at the south end of Park Point by 8:45am. See map for directions. Please call the RSOP Day Office at 218-726-7128 if you will be late, need more directions, or are not able to attend the course (cancellation policy applies). All participants must complete the UMD Health Form and Liability Waiver.

CUSTOMIZED COURSES:

Additional stand-up paddle board instruction is offered along the Lake Superior Shoreline on calm and big surf days using a customized course format. Call for availability. \$135/person/day (2-3 people); \$125/person/day (4-6 people).

Explore more with the Outdoor Program:

- Lake Superior SUP & Kayak Adventure Tour on the Split Rock Shoreline, July 29
- Stand-Up Paddleboard & Wave Surfing Introduction, July 28
- Lester River SUP & Sit-On-Top Kayak Rentals July 3, 9, 30 August 13, 21
- Custom course in WW Open Canoe, call Randy at (218) 726-6177
- Fourteenth Annual St. Louis River Whitewater Rendezvous July 23-25
- Swift Water Rescue May 29-31

GENERAL INFO:

Phone: (218)726-6533

Fax: (218) 726-6767

Email: rsop@d.umn.edu

www.umdropsop.org

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

Tour Format: Adventure Sport Beach Recreation Day (Level 1)

Course Outline

We have a lot to do in one day and it's fine if you choose to declare a primary focus! Stand-Up Paddleboarding (SUP) is a paddling/surfing hybrid adventure sport that offers a thrilling full body workout and is a great way to explore our lakes and rivers. We will develop your SUP stance options, balance, stroke techniques, board trim, and wave surfing skills when the surf is up. Kiting instruction includes an equipment overview of foils and inflatables, launching, piloting, landing, de-power safety systems, cross wind travel on foot and body dragging in the water. Kayaking instruction with a V-sail includes, stroke refinement, boat control, V-sailing concepts, steering and group management. Here's what you can expect for the day:

- Introductions, expectations and equipment distribution
- Overview of equipment design occurs as we distribute equipment for our tour
- Discuss planning variations for river, lakeshore and surf zone exploration
- Stretching review and warm-up
- Transporting kayaks & SUPs with rudder and fin management in shallow water
- Kayak launching, SUP stance, balance & board trim
- Stroke development & flatwater maneuvers (also maneuvers in wind & waves weather permitting)
- Group communication, hazards and safety discussion
- Depart on our shoreline tour to the end of MN Point with skill development en-route

- Lunch on the beach with kiting and kayak V-sailing equipment orientation
- Develop an overall understanding of kiting equipment and regional kiting opportunities
- Land based kiting introduction if it's windy (or) back to the water for SUP and kayak paddling with V-sailing skill development

- Safety practices during and after kayak and SUP wipe-outs
- Self and assisted rescues
- Water based kiting instruction if it's windy from a safe direction
- Introduction to kayak & SUP wave surfing
- SUP footwork to adjust board trim and rail pressure while surfing a wave
- Kayak & SUP cutback skills and use of the paddle when surfing
- Depart on return trip to the take-out (Park Point – Bayside Boat Ramp or the Lake Superior Side)
- Cruise the paved trails using longboards and land paddles
- Load trailer
- Course evaluations and closure

Follow-Up Skill Development with UMD-RSOP:

- Attend a scheduled Lester River stand-up paddleboard and sit-on-top kayak rental session
- Try the Lake Superior SUP & Kayak Adventure Tour along the Split Rock Shoreline
- Explore further SUP and surfing skills instruction on the wake behind a ski boat
- Try snow kiting in Northern MN and progress to kiteboarding on the water

Tour Format: Adventure Sport Beach Recreation Day (Level 1)

Equipment List

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. We will be getting wet during this course.

ITEMS WE FURNISH

- stand-up paddle board
- sit-on-top kayak with V-sail
- foil and inflatable kite
- longboard, land paddle & helmet
- life jacket
- helmet
- paddle
- wet suit & paddling jacket
- dry bags
- first aid and repair kit
- surf rescue equipment

YOU BRING

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

