

Whitewater Kayak Class I-II River Running (Level 1)

JULY 9-11, 2010 9AM-4PM



HERE'S WHAT TO EXPECT:

This course takes you from a never done that or a flatwater only kayaker to a self sufficient class II whitewater paddler in three days. This class will focus on safety on the water and maneuvering a kayak in flat, moving, and 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:

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: \$355

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

Explore more with the Outdoor Program:

- Pool Based Kayak Bracing and Rolling, June 20
- Stand-Up Paddleboarding & Wave Surfing Introduction, July 28
- Rodeo Freestyle Playboating (call for private instruction)
- 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.umdrops.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 & expectations
- Types of kayaking
- Kayak design
- Nomenclature
- Equipment
- Wet exit
- Hip snap development
- Bow rescue
- Lunch
- Strokes (Forward and Reverse sweeps, Forward stroke, Reverse stroke, In-water Recovery draw, Skulling draw)
- Braces (Slapping High and Low, Skulling High and Low)
- Return to Outpost
- Video work
- Stretching

Day 2

- On water stretching
- Stroke review
- More strokes
- Stroke combinations
- Eskimo roll
- Rodeo/freestyle kayak demo
- Lunch and video analysis
- Drive or paddle to moving water site
- Hydrology discussion
- Ferries
- Peel outs
- Eddy turns
- Return to Outpost

Day 3

- Hydrology and hazard lesson with video
- Overview of river running logistics
- Drive to whitewater site
- Discuss on- river group management at the put-in
- Review moving water skills
- Take turns in the lead kayak role as we move down river through pool/drop whitewater
- Lunch on the river
- River reading practice
- River play (Front surfing and side surfing)
- Swimming in rapids & throw bag use
- Return to Outpost
- Course evaluations & closure

Course Objectives:

Participants will learn how to:

- Identify basic kayak designs and uses.
- Exit a kayak underwater.
- Perform basic strokes and maneuvers.
- Tie kayaks to vehicles in a safe and efficient manner.
- Perform self rescue by swimming or rolling.
- Find safe and efficient routes through class II whitewater.
- Identify river hazards.
- Identify potential play features on class II whitewater.
- Rescue fellow paddlers using a throw bag.
- Safely swim in whitewater.
- Play the River.

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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

