

Whitewater Kayak River Tune-Up (Level 2)

CALL FOR CUSTOMIZED COURSE DATES



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 & 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

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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

