

University of Minnesota Duluth - Recreational Sports Outdoor Program

- **Sea Kayak Rescues - Mon, March 10**
- **Rolling Clinic - Mon, March 31**



BOTH HELD SPRING SEMESTER 2008 2:00- 4:00PM

HERE'S WHAT TO EXPECT:

SEA KAYAK RESCUES - build the rescue skills that will work in rough conditions. These skills are a must for everyone who sea kayaks. Learn rescue prevention, self rescue with a paddle float, and assisted rescues like the tried and true T-rescue. Practice using a stirrup if you are having trouble.

ROLLING CLINIC- this is the best self rescue you can do! Develop your hip snap and rolling technique in a kayak or canoe. The warm and clear pool water provides a perfect environment to develop this vital skill.

WHERE:

Meet in the UMD Pool. This class will begin at 1:45 pm so everyone is ready to hit the water by 2:00 pm.

SKILL REQUIREMENTS:

No experience is necessary. A willingness to get wet and be physically active is required.

WE PROVIDE:

Kayaks, Canoes, Paddles, Spray Skirts, Rescue Accessories

YOU PROVIDE:

Swimsuit, Towel, Nose Plugs, Personal Paddle (if desired)

COST:

Free for UMD Students and Kayak & Canoe Club Members/\$15 per session Others

GOALS:

- To develop skills in the UMD Pool that will enhance the safety and enjoyment of spring and summer paddling trips.

Explore More with the Outdoor Program:

Swift Water Rescue
May 24-26

ACA Open Canoe
Multi-Level Instructor
Certification Workshop
(ICW): Introduction,
Basic River &
Whitewater
Levels In Tandem &
Solo Canoes
Begins June 18

Visit our website to learn more about summer kayaking, canoeing and climbing programs

GENERAL INFO:

Phone: (218)726-6533

Fax: (218) 726-6767

Email: rsop@d.umn.edu

Web Site: www.umdrsop.org

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