

Sea Kayak Rescues



Monday, March 30, 2009 1:45-4pm

SEA KAYAK RESCUES - build the rescue skills that will work in rough conditions. These skills 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.

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

GENERAL INFO:

Phone: (218)726-6533

Fax: (218) 726-6767

Email: rsop@d.umn.edu

Web Site: www.umdrsop.org

Explore More with RSOP:

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 23-25,*

ACA Introduction, River Kayak and Whitewater Kayak - Instructor Certification Workshop (ICW) Begins May 28

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

Whitewater Information

Call Randy Carlson at 218-726-6177

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