

White Water II  
KIN 141  
Course Outline

Instructor: Randy Drake

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Office Hours: T, R 12:00-1:00

I. Course Description

This course is designed for students with previous white water paddling instruction and experience in canoes and/or kayaks. Most classes will take place on Lake Matoaka and the pool and classrooms of Adair Hall. Students will be given a schedule of class dates and meeting places. The course will culminate with a two-day trip to paddle class I-III white water rivers.

II. Prerequisite

A. Previous white water canoeing and/or kayaking instruction and experience is required (subject to instructor approval). Boat control through maneuvers including straight forward, pivots, abeam, and U-turns on flat water is essential. Canoeists should be able to control their boat without switching paddling sides.

**A knowledge competency exam will be administered on the first day of class. Those students who are unable to pass the exam will be asked to drop the course.**

B. All students must complete a swim test during the second class meeting. This test involves swimming 100 yards, treading water for 3 minutes, donning a PFD in deep water, and maintaining a white water swimming position for 1 minute. This test must be completed with no rest stops on the bottom or sides of the pool.

III. Course Credit

1 semester hour

IV. Objectives

Upon successful completion of this course, each student will:

- A. demonstrate an improved understanding and abilities regarding basic white water strokes and maneuvers,
- B. demonstrate abilities and understandings related to more advanced strokes and maneuvers,
- C. demonstrate river rescue techniques,
- D. demonstrate white water play techniques,
- E. demonstrate an understanding of the AWA safety code.

V. Course Content:

A. Equipment

- 1. white water play boats
  - a. materials
  - b. design
  - c. nomenclature
  - d. outfitting

2. paddles
  - a. sizing
  - b. design
- B. Safety and Rescue
  1. self rescue
    - a. swimming white water
    - b. equipment recovery
    - c. Eskimo roll
  2. group rescue
    - a. throw ropes
    - b. bumping/bulldozing
    - c. towing
    - d. vector pull
    - e. z-drag
    - f. Steve Thomas Rope Trick
  3. attire for cold conditions
- C. Paddling Concepts
- D. Strokes
  1. kayak
    - a. forward
    - b. reverse
    - c. sweeps
    - d. draws
    - e. Duffek
    - f. Braces
  2. canoe
    - a. forward
    - b. reverse
    - c. cross forward
    - d. sweeps
    - e. “j” stroke vs. pitch
    - f. reverse “j”
    - g. far back (white water back)
    - h. cross back
    - i. compound back
    - j. Duffeks
    - k. braces
    - l. draws
    - m. prys
- E. Maneuvers
  1. lake
    - a. straight forward
    - b. straight back
    - c. abeam
    - d. pivot turns

- e. U-turns
      - f. side slips
    - 2. river
      - a. front (upstream) ferry
      - b. back (downstream) ferry
      - c. eddy turn
      - d. peel out
      - e. front surf
      - f. side surf
  - F. River Running
    - 1. river reading
    - 2. scouting
    - 3. river features
    - 4. tactics
    - 5. safety
  - F. River Etiquette/Ethics
  - G. American Whitewater Affiliation Safety Code
  - H. River Signals
- VI. Evaluation – each student must pass both the written and practical evaluations to pass the course.
  - A. Written – a comprehensive written final may be administered at the end of the course.
  - B. Practical
    - 1. Flat water – students will be expected to demonstrate control of their boat through a series of lake maneuvers.
    - 2. White water – students are expected to participate in the two-day white water trip at the end of the semester.
- VII. Considerations--A recognized teaching strategy involves physical (hands on) guidance by the instructor of a student trying to learn a new technique. If such a strategy violates a student’s “comfort Zone”, the instructor should be informed so that an alternative teaching strategy may be employed.
  - VII. Course Fee
 

A fee of \$75 will be assessed of each student. This fee is billed with tuition and is payable to the Treasurer’s office. It covers equipment use, lodging and transportation. If a student withdraws after the end of the official drop period, the fee may not be refunded.
  - VIII. Required Reading
    - A. All course handouts
    - B. Foster, T. & Kelly, K. (1995). Catch Every Eddy...Surf Every Wave. Outdoor Center of New England.
  - IX. Paperwork
  - X. You must fill out a medical information form, sign an assumption of risk form, and sign an attendance contract.

XI. Expectations

The increase in difficulty and danger when one moves from Class I to Class II white water is small when compared to the increase that occurs between Class II and Class III. Since we will be paddling on Class III drops, students should not take this course lightly and are expected to understand and comply with certain expectations. Please look over the list that follows. If you believe you cannot live up to these expectations, please drop this course.

1. Attend all classes. Acceptable excuses for missing class include illness, family emergencies, and transportation breakdown. Make ups may be scheduled at the instructor's discretion.
2. Show up on time and stay for the full class period.
3. When time is provided for practicing a new skill, use that time to practice that skill.
4. Class time is not sufficient to perfect all of the skills presented. You must use recreational boating hours for further practice time. **You are expected to practice a minimum of 5 hours outside of class!**
5. Students are expected to complete all reading assignments.