KAYAKING WHITETWATER
KIN 154-01 (11380)/ Thursday 11:00 – 12:50
Fall 2011
1 Credit (P/F)
Course Outline

I. COURSE DESCRIPTION:
This course is designed to introduce beginners to kayak on class I & II whitewater. Course material covers paddle strokes, equipment selection, care, maintenance and nomenclature, reading the river, lake and river maneuvers, safety practices, rescue and self-rescue including the Eskimo roll. A one-day whitewater river trip concludes the course.

II. PREREQUISITE: Must be comfortable on and in the water and able to swim 100 yards.

III. REQUISITE: A swimming test will be administered in the Adair pool.

IV. COURSE OBJECTIVES: Upon completion of the course a student should be able to:
- Demonstrate an understanding of kayaking equipment nomenclature
- Paddle the kayak in a straight line in flatwater
- Move the kayak in reverse in a relatively straight line in flatwater
- Paddle the kayak in a spin without making headway
- Move the kayak sideways, right and left without making headway
- Make U turns, to the left and right, while underway in flatwater
- Be able to wet exit
- Be able to perform a kayak over kayak rescue
- Be able to Eskimo rescue and assist in an Eskimo rescue
- Demonstrate an understanding of the Eskimo roll
- Demonstrate an understanding the hazards in river running
- Demonstrate an understanding of how to read basic river features
- Understand the concepts behind the river maneuvers
- Demonstrate basic knowledge and skill necessary to handle a kayak safely in whitewater up to Class II.
- Apply safety practices and skills in class I and II whitewater

V. COURSE CONTENT: This course will include:
1. Equipment
   A. Kayaks
      1. Materials, design, nomenclature
      2. Advantages/Disadvantages
   B. Paddles
   C. Personal Flotation Device and other safety gear
2. Orientation to the kayak
   A. Portaging
   B. Boarding/Exiting
   C. Seating posture and adjustments
3. Strokes
   A. Forward/Backwater
   B. Forward/Reverse Sweep
   C. Draw/Bow and Stern Draw
   D. Sculling
   E. Low/High Brace
   F. Duffek (Turning high brace)
4. Lake Maneuvers
   A. Pivot turns
   B. Abeams
C. Forward travel
D. Landings
E. Reverse travel
F. U-Turns

5. River Reading
   Eddys & Eddy lines
   Standing waves
   Holes
   Pillows
   Hydraulics / Horizon lines
   Upstream Vs

6. River Maneuvers
   A. Eddy turn
   B. Ferry
   C. Peel-out
   D. Surfing

7. Whitewater Safety
   A. Self-rescue
      1. Wet exit/swim
      2. Eskimo rescue
      3. Eskimo roll
   B. Rescue
      1. Land based
      2. Water based
   C. AWA River Classifications
   D. AWA River Signals
   E. Safety Code
   F. Trip planning and organization
   G. Hazards
      1. Broaching
      2. Strainers
      3. Standing in fast moving water
      4. Cold water (Hypothermia)
      5. High water
      6. Hydraulics / Dams
      7. Paddling rivers beyond your ability

VI. EVALUATION: Pass/fail grade will be awarded on the successful completion of all the following: A written exam will be given. A score of 70% or better is required. Practical: Two parts: A) Demonstrate control of a kayak through a specific sequence of lake maneuvers. B) Successful completion of a whitewater river trip. Attend all classes.

VII. CLOTHING: In the early part of the semester, shorts and T-shirts/swimsuits are appropriate. As the semester progresses the temperature of the air and water cools appropriately. Be prepared for cold weather and cold water. Plan to dress in layers. Always bring an extra sweater, warm hat and pants when we are planning to be on the lake when the weather is cool. On the river trips, a wet suit (Included) may be required. Dressing for the weather and the environment will be addressed extensively in class.

VIII REQUIRED EQUIPMENT: None, see clothing.

IX ATTENDANCE REQUIREMENT: In accordance with Department policies, students are expected to attend all scheduled class meetings. Due to the intensity and technical nature of this class, more than one absence will not be permitted. Two absences will result in course failure.
X. FEES: $80. Pay to the Treasurer's Office. Billed with your tuition. Fee includes transportation and equipment use, including wet suits.

FEE REFUND AND COURSE WITHDRAWAL POLICY

Full refund of course fees are given only for classes dropped by the end of the drop period at the beginning of the semester. To receive a full refund, the drop must be implemented by the Registrar's drop period deadline. Any student enrolled in the course after this date is liable for the full course fee and any petition to drop will probably be denied. Any questions concerning drops, withdrawals or refunds should be directed to the course instructor.

XI. CONSIDERATIONS:
A recognized teaching strategy in kayaking involves physical guidance of an individual through a technique by the instructor. If such a strategy violates a student's "comfort zone", he/she is encouraged to inform the instructor so that an alternative strategy or method can be used.

XII MEETING DATES AND GENERAL TOPICS GUIDE (topics subject to change).


September 1 – Adair Pool Swim test. Launching, wet exit skills, kayak over kayak rescue, Eskimo rescue introduction. Kayak Polo as time permits.

September 8 Lake Matoaka Walk to Boathouse. Boathouse orientation. Launching and landing from land, Strokes: Sweeps, draws, forward


September 22 Lake Matoaka. More going forward, with corrections. Progression into U turns, River Reading

September 29 Adair Pool, Braces, Eskimo Roll experience. Bring your nose clips and goggles

October 6 Lake Matoaka U turns, sculling, River Rescue & hazards

October 13 Lake Matoaka, more U turns, Review, games

October 20 Test day (may be given on October 14). Games as time permits. Attendance is MANDATORY.

TRIP DATES: MANDATORY You must take part in one of the following scheduled field trips. a limited number of students will be allowed to attend any one trip for safety reasons. Check your calendar. A sign-up sheet will be provided at the September 8th class meeting. You should have 2 dates available in case your first choice is full.

Friday, October 21 8 a.m. - 8:00 p.m.

Saturday, October 22, 7:30 a.m.-7:30 p.m.
OR Sunday, October 23, 7:30 a.m.-7:30 p.m.

(N.B. - all return times are approximate)

An information sheet will be provided with details on each trip. If you are unable to participate in any of these trips, you will not successfully be able to complete the class. Check your calendar. Incompletes will not be given on the basis that you missed a field trip.

**FOUL WEATHER:** Class will meet if it is cold or rainy, so check the white board inside the front door of Adair Hall just prior to class for any posted changes.

**NOTE:** You will need to complete a medical information sheet and sign an assumption of risk form.

**XIII  READINGS** (optional) These are books that may interest you if you want to learn more.
- Canoeing and Kayaking: American Red Cross
- Kayak: Menasha Ridge Press
- River Rescue: AMC Books
- Canoeing and Kayaking Instruction Manual American Canoe Association

**XIV REQUIRED TEXT:**
None. The class web site will act as the text for this course.

**XV  CLASS WEB SITE:**
WEB SITE ADDRESS: [http://blackboard.wm.edu](http://blackboard.wm.edu)  You may also access the site through myWM/Banner. This site is very fully developed with lots of video clips depicting the various flatwater and whitewater skills we will practice

**INSTRUCTOR:** Kim Whitley  
**OFFICE:** Adair 304  
**PHONE:** 757/ 221-2789  
  (221-CRUX)  
**E-MAIL** kpwhit@wm.edu

**OFFICE HOURS:** Note: I can typically be found in my office in the late afternoon on Mon and Wed between 12 & 12:45 AND BY APPOINTMENT. I am most easily reached via email.