KAYAKING KIN 154

Instructor: Randy Drake
Office/Hours: Adair 300/by appointment
Phone/email: 221-2788/rgdrak@wm.edu
Course Fee: $80 fee includes transportation and equipment use.

Swim Test: Each student must demonstrate a level of comfort in the water by successfully completing the following:
- swim 100 yards nonstop
- tread water for three minutes nonstop
- don a PFD in deep water
- assume and maintain a white water swimming position for 1 minute

Equipment provided by each student:
1. soft soled shoes that you don't mind getting wet (no flip flops!)
2. appropriate clothing
3. money &/or food for end-of-class trip

Clothing: Be prepared for unexpected capsizing. It is a good idea to bring a towel and a change of clothes to each class. If the combined air and water temperature is less than 110 degrees, a wetsuit will be required. The school has wetsuits for your use. If you are sensitive to cold, you may use a wetsuit at any time during class.

Class Schedule:
Aug. 25 - Adair Pool: introductions, expectations, forms
Sept. 1 - Adair Pool: swim test, equipment fit, entering, wet exit, Eskimo rescue, portaging
8 - Lake Matoaka: review, fwd. and rev. strokes and sweeps, straight forward/backward, pivots
15 - Lake Matoaka: review, draws, abeams
22 - Lake Matoaka: review, high and low braces
29 - Adair Pool: Eskimo rolls
Oct. 6 - Lake Matoaka: review, stationary bow draw, Duffek, U-turns
13 - Lake Matoaka: eddy turns, peel outs and ferries (dry land), review
20 - Lake Matoaka: flat water practical exam
OCT. 21, 22, or, 23 - Whitewater Trip (mandatory)

Foul weather: Class will meet rain or shine. Check for class location information in the lobby of Adair Hall just prior to classes at Matoaka.

Note: You will need to complete a medical information sheet, sign an attendance contract, and sign a release form.