

# CYO Family Kayak Camp

## August 13-15, 2010

This is a new camp that will allow adult family members to join their younger Camp Howard aged campers for a great time taking part in an activity that all ages will enjoy. Families provide their own transportation for each session. We will spend the first day at camp using the camp's pool and pond to get comfortable with the kayaks in a very user friendly setting. During the three days, we will cover basic kayaking skills, and learn how to paddle safely in non-moving and moving water. We have several tandem kayaks that can be utilized if any person feels unsure of their skills and wants the additional security of a very stable kayak and shared control. The next two days will be on-the-water sessions with paddling sessions that will be roughly 3-5 hours long. We will stop periodically to stretch and walk, and for one meal break each day. Participants will need to bring a lunch, snacks, and plenty of fluids such as water or sports drinks.

### **Day One:**

9:15 a.m.	Session Begins	Participants meet at Camp Howard entrance
9:25 a.m.	Part A	Participants meet at Cougar Den
11:30 a.m.	Part B	Participants meet at the C.H. pool
1:00 p.m.		Lunch
2:00 p.m.	Part C	Participants meet at C.H. Pond
3:30 p.m.	Session Ends	

### **Day Two:**

9:30 a.m.	Session Begins	Participants meet at Lacamas Lake
10:00 a.m.	Part A	Unload kayaks from trailer, transport and load for trip On the water warm-up & review New skills introduced throughout the trip
2:30-3:00 p.m.	Session Ends	Pull-out and load

### **Day Three:**

9:30 a.m.		Participants meet at the designated Option 1, 2, or 3 Kayak trip, Finish Point (see page 3)
9:45 a.m.		Shuttle vehicle plan is determined and vehicles/participants move to Starting Point.
10:10 a.m.		Unload kayaks and begin trip preparation
10:30 a.m.		Stroke & Safety review session on the water
10:45 a.m.		Sandy River trip begins
Option 1&2		
1:00-2:00 p.m.		Pull-out and load
Option 3		
3:45-5:00 p.m.		Pull-out and load

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## Session Syllabus

### Day 1

Locations: Camp Howard Pool  
Camp Howard Pond

#### Part A

2.0 hours

#### Class session, Cougar Den or A-frame (need power for video)

kayak registration & fill out any missing paperwork  
Kayak Safety  
Kayak Video  
Lacamas Lake discussion  
Sandy River discussion

#### Part B

1.5 hours

#### Pool Session

Types of Kayaks  
Gear

Pool time

Care of gear

Getting in  
Body position  
Balance

J-lean  
Hip rocking

Wet exit  
Wet entry  
Paired rescue

#### Meal Break

1 hour

#### Pond or new camp picnic area

#### Part C

1.5 hours

#### Pond Session

Basic Skills

Kayak carries  
Forward Strokes  
Back Strokes  
Turning and Control Strokes  
Sweep (including Stern Draw)  
Reverse Sweep  
Basic Bracing

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## Session Syllabus - Continued

### Day 2

Locations: Lacamas Lake, Camas, WA

#### Part A

4.5 hours

#### Lacamas Lake Session

Basic Skills -2

Kayak loading/unloading

Warm-up

Safety Review

Who is responsible

Life jackets

Hypothermia

3 W's

Local Environment

Signals

Maneuvers

Spin

Abeam

Rudder

Low Brace review

Emptying a Kayak

### Day 3

Locations: Option 1 Sandy River, Dabney to Lewis & Clark  
Option 2 Sandy River, Oxbow to Dabney  
Option 3 Sandy River, Oxbow to Lewis & Clark

Note: The Day 3 trip option will be chosen by the Head Instructor, based on individual and overall group skill levels, weather, and river conditions. Tandem kayaks may be assigned to allow for safety and an enjoyable/memorable trip for

#### Part A

2.5-5 hours

#### Sandy River Session

Moving Water Skills

Safety

Warm-up

Low Brace review & practice

Control Strokes

Defensive Swimming

Moving water rescue discussion

Signals

Wrap up

Safety

Trip Planning