

Day Time Activity

Sun 1.5 Kayak Orientation (classroom and pool)

Kayak and Water Safety
Getting in and out of a kayak
Body position and getting the feel of a kayak
 Hip rocking
 J-lean
 Low Brace -introduction
Holding the paddle
 Centered, shoulder width, palms down
 Orientation of paddle (vs. upside down)
Wet exit
 Rentry

1.5 Kayaking Safety

Kayaking has inherent risks
Self rescue
 Kayakers responsibility/accountability
Swimming
 Defensive
 Offensive
Obstacles (rocks)
Hazards (strainers, bridges, low-head dams, cold)
Communication-signals
Logistics

Mon 2.5 Basic Orientation - Lacamas Lake

Basic forward stroke
 Paddle entry
 Create a box
 Torso rotation and pull/push
 paddle exit
Basic back paddle strokes
Low Brace
 Padle position
 Recovery (w/hip lift)
Directional strokes

3.0 Lacamas Lake

Inlet paddle
and/or Lower into Round Lake

1.5 Class (at Camp Howard)

Introduction Video
Kayak types
 Sea Kayaks (touring)
 Pros-Tracking, speed, storage
 Cons-Stability, more technical, long-large turning radius
 White Water
 Pros-Highly maneuverable (all axis)
 Cons-Stability, poor tracking, no storage
 Recreational
 Pros-Decent tracking, storage, maneuverability, stability
 Cons-Middle of the road performance for touring, and light moving water.
Shapes
 Performance/stability/tracking

Day Time Activity

Continued

Mon-Cont'd

Cockpit sizes and shapes
Equipment
PFD w/whistle-mandatory
Clothing
Poly, wool, no cotton -keep moisture away from skin while still insulating
Layers, waterproof outer layer for wind and rain
Paddles
Shapes, sizes, materials
Misc.
Helmets, pump, waterproof bags, throw bags, line, paddle bouys, etc.
What, why, when, how, where
Carrying a kayak
Transporting a kayak
Review of in-water instruction

Tue 1.0 In water stroke class Pool or Dabny

Advanced directional strokes/sweeps
Stern rudder
Paddle Sculling
Wet exit
Re-entry
Assisted, 2nd kayak/paddler
Drape-turnover-sit
Pull to shore

Sandy River Float Trip

5.0 Oxbow to Lewis & Clark Park
or Dabney to Chinook Landing

OPTIONAL TRIPS

Clackamas River Float Trip

4.0 Milo Mciver to Carver
3.0 Carver to Wilamette

Columbia River

4.0 Airport to Lemon Island/Government Island
4.0 Chinook Landing to Airport
2.0 164th to Wintler
3.0 164th to Airport
3.0 Washougal to 164th
4.0 Washougal to Wintler
5.0 Rooster Rock to Chinook Landing

Wed-Thu Columbia River Overnight

14.0 Lewis & Clark Park to Government Island to Airport pickup

or Corbit Exit-Gary Island Park-Marine Drive (Airport)

We will spend some time exploring the delta area inlets that offer countless opportunities to experience the freedom that a kayak provides. This area abounds in wildlife and will be one of the highlights of the camp.

or Chinook Landing to Government Island-Lemon Island-Airport

or Washougal to Government Island-Lemon Island-Airport