

# **Whitewater Tandem Open Canoe Instruction for Groups**

**DATE TO BE ARRANGED TIME 9AM-4PM**



## **HERE'S WHAT TO EXPECT:**

Have fun learning about equipment design, stroke technique, maneuvering, river hazards and rescues. This course is designed to teach you the river tripping techniques needed to paddle canoes down rivers with some whitewater. Tripping canoes are outfitted with thigh straps and floatation bags to enhance your safety and learning on flatwater through Class II whitewater.

## **SKILL REQUIREMENTS:**

No experience is necessary. A willingness to get wet is required.

## **WHERE**

This class will begin at 9am at the UMD Outpost in Carlton, Minnesota. This is a physically active class, please get plenty of rest and eat a healthy breakfast.

## **COURSE INFORMATION:**

Topics include canoe design, nomenclature, equipment, portaging instruction, entry and exit from the canoe and balance. Stroke development; 1/4 sweeps, forward and reverse strokes, pry and J correction, in water recovery and sculling draws, high, low and sculling braces. Reading the river and maneuvering in a rapid as well as rescues and communication between canoe partners will be covered.

## **EQUIPMENT:**

You bring swimsuit & towel, filled water bottle, sunglasses, eye glasses strap, sunscreen, warm hat that covers ears, notebook & pencil, lunch, nylon wind breaker, nose plugs, footwear - 1 pair of thin soled neoprene booties or sneakers that can get wet, synthetic long underwear top and bottom / no cotton, fleece long sleeve top or wool sweater.

## **THE OUTDOOR PROGRAM PROVIDES:**

Canoe, life jacket, helmet, canoe floatation, paddle, whitewater rescue equipment, wet suit (if needed)& paddling jacket, dry bags and map, first aid and repair kit.

## **FOLLOW UP:**

Staff will be at the Outpost by 8:30am. Please call if you will be late, need directions, or are not able to attend the course (cancellation policy applies).

## **COST:**

\$95 per person for Groups of 8-10. All participants must complete the UMD Health Form and Liability Waiver to participate.

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- Rock Climbing at Elys Peak
- Youth Camps

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## **Scheduling Information:**

For more information or to schedule a group program call Randy Carlson at (218) 726-6177 or e-mail [rcarlso6@d.umn.edu](mailto:rcarlso6@d.umn.edu)

## **GENERAL INFO:**

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