

“FIRST DESCENT”
ADVANCED WHITEWATER KAYAK CLINIC
MAY 29 / 30, 2010

PURPOSE - to foster a sense of self-reliance in participants by:

- helping participants gain confidence in ‘reading the river’ from a ‘front-boat’ perspective:
 - how to read water;
 - things to keep in mind when scouting from your boat;
 - when to get out and shore-scout;
 - emphasis on control, safety and fun

- helping participants gain insight into group dynamics on Class 3/4 whitewater:
 - team dynamics - how to be a ‘responsible individual’;
 - how to use all available information to evaluate a given situation;
 - tips on how to make the run ‘flow’ with a minimum of eddy-sitting down time;
 - emphasis on safety and fun

- suggesting ways to evaluate a given challenge, keeping safety in mind:
 - choosing your adventure wisely (including gear and ‘what-if’ considerations);
 - can a rapid be boat-scouted safely, or is shore scouting called for?
 - how and where to set shore-based and/or boat-based rescue points;
 - how to help in a rescue and not become another victim

GROUP SIZE / EXPERIENCE:

- clinic will be limited to six participants and two instructors.
- participants should be very comfortable in Class 3 whitewater and reasonably comfortable in Class 4 whitewater.
- participants should have very reliable moving-water rolls

LOCATION:

- choice of river will depend on water levels, but clinic will be conducted on Class 3/4 whitewater
- participants will be contacted prior to clinic dates with final details, including where and when to meet and instructor’s expectations and criteria
- Course is presented by John Zadrozny and Lisa Birskovich

Contact Mike Keeney, CCC Education Chair (education.chair@carolinacanoclub.org) or John Zadrozny (zdr_j@yahoo.com) to sign up or get more information.