

Beginning Whitewater Kayaking

PHED 1710

Syllabus

Instructors:

Greg Lang:

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Credit Hours: 2

Date: 01/01/08

Prerequisites: Must be able to swim.

Course Objective: Introduce you to the fundamentals of river and Whitewater kayaking.

Text: Kayaking, William Nealy (available at Southern Trails)

Introduction: Kayaking is unlike any course you have ever taken at Auburn. Kayaking is a unique sport that requires you to learn specific physical skills, judgment, and intellectual skills. Unlike other PE courses, like Swimming or Running, in this class much of what you will learn are new physical skills. Your grade is not based on how many miles you ran this semester or how fast, but if you learned the basic skills of Whitewater kayaking, along with the information about kayaking. The kayaking class will take place in two formats: 1) class room work and lectures. 2) River Sessions. Class Sessions will meet in our classroom during the regular schedule class period. River sessions will take on the Coosa River near Wetumpka Alabama.

The Coosa River: The Coosa is a huge river that starts in Georgia and ends near Montgomery where it joins another huge river the Tallapoosa. Together these two rivers form the Alabama River, which empties into the Gulf Of Mexico. Much of the length of the Coosa is flat or has become a lake thanks to a few Alabama Power Company Dams. However, just below Jordan Dam near Wetumpka Alabama, lies a stretch of the Coosa that is by far one of the best rivers to learn kayaking on in the Southeastern U.S. Gentle but challenging Class I to III rapids are separated by long pools of flatwater. Even though some of the rapids require maneuvering, they are forgiving and allow the new kayaker to learn kayaking in a fun safe environment. The river features straightforward rapids but has all the features necessary to learn all the basics skills plus some of the more advanced freestyle kayaking moves (surfing, wave spinning, enders, cartwheels and the all the rest). This is what make the Coosa such a unique river; its very friendly to the beginner and novice, but still exciting and challenging to the advanced kayaker as well.

Course Structure:

Classroom: Will be devoted to scheduling, paperwork, logistics and lectures.

River Sessions: Three river sessions held on late Friday afternoons and all day Saturday and Sundays to teach the skills involved in Whitewater kayaking. River sessions are focused around a certain skill areas. The Coosa River will be our classroom.

Groups: The whole class will be split into groups of 15 to 20. These groups will be taught as a class on different weekends (see the schedule). Then each of the groups will be further divided into smaller groups of 4 to 6 each with an ACA certified kayaking instructor. You will be given the opportunity to indicate your preferences for which group you would like to be in. Every effort will be made to make sure you are grouped in the group of your highest preference and with your friends. Because of time constraints, instructor and equipment restrictions, we cannot guarantee that you will get your first choice of groups. Switching from one group to another is not allowed.

Class Locations:

Classroom:

Class Time

River Session: Coosa River, Wetumpka AI (See Map)

River Session Times:

Friday: 3:30 P.M. - 7:00 P.M.

Sat: 8:30 A.M. - 4:00 P.M.

Sunday: 8:30 A.M. - 4:00 P.M.

Evaluation for Course Grade:

Attendance:	100 point
Skills Test	100 points
Written Test	<u>100 points</u>
Total	300 Points

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	Below 60%

Examination: You will be given a written exam on the last scheduled day of the weekend. The final is in multiple choice format and will come from information learned both in lectures and in river sessions. There will be no unannounced quizzes

Skills Test: your primary instructor on the river as to you skills in kayaking will give you a rating from 1 to 5. See the skills assessment sheet for the list of skills on the skills test.

Attendance: If you don't show up we cannot teach you how to kayak! If you are more than 15 minutes late for the river sessions you are considered absent.

Lab Fee: You will need a check payable to Southern Outdoor Center, L.L.C (SOC for short). By the second classroom day \$220.00 payable by the second class period. All those who have not paid their lab fee by the deadline date will automatically be dropped from the course unless prior arrangements have been made with Greg Lang.

Class Policies:

Attendance: Kayaking skills are developed in a progression. Each river session is designed to teach you

new skills based on previously learned skills. Therefore we require that you attend all river sessions. If you miss the first one you will not be able to attend the second or third session. If you miss the second one you will not be allowed to participate in the third session. However, we do make exceptions for excuses outlined in the tiger cub. No exceptions will be made for this policy. In the event that you miss a session you will need to make that session up at the convenience of the instructor. Excuses for missing other classes during the Friday afternoon river session are given if needed.

Tardiness: Since the river is about 1 to 1.5 hours from Auburn depending on traffic. The Friday session will start at 3:30 P.M. at the Dirt Farm. Saturday and Sunday class periods begin promptly at 8:30 A.M. Our policy is to wait 15 minutes. If you have not shown up by 8:45 A.M. it will be assumed you will not be participating. Remember, this class is taught in groups. If you are late you are taking up others time and money. PLEASE **BE EARLY** and ready to Kayak at the scheduled class time. Make sure you factor in drive time and making at least one stop on your drive over. I typically assume 1 hour and 15 minutes to make it to the "Dirt Farm" from Auburn, there are some slow drivers in Macon and Elmore Counties

Safety: Kayaking is a risk sport which may include mental or physical injury, and even death. You will be expected to follow the instructions of your instructor, and to learn and practice the proper safety and river etiquette, if you do not you will be asked to drop the course. **This class is an official function of Auburn University SO NO ALCOHOL IS ALLOWED DURING OUR CLASS PERIODS.**

Attitude: Bring your smiles and be prepared for a FUN, SAFE TIME.

Class Cancellation: Kayaking is an outdoor activity in which certain weather and water conditions may cause the cancellation of the days activities. Excessively lighting, thunderstorms cold weather, and high water among others are common reasons for class cancellations. Weather patterns and water releases change unexpectedly and you class may be canceled midway through the day. Your group will be rescheduled accordingly

The Dirt Farm: The Dirt Farm is a privately owned property. The owner of Southern Trails, Lonnie Carden, has allowed us to use it. This use is a privilege! If you don't follow the following rules, the owner may ask you never to come back to his wonderful place. Please show your **RESPECT** by following these simple rules:

- 1) **Drive slowly** and follow the one way signs, I have seen our students get chewed out for driving to fast, there are people and children that frequent this place. And you may be asked not to come back if
- 2) **Pick up your Garbage** and take it away with you
- 3) If you smoke don't put your butts on the ground
- 4) **Thank the Owner**
- 5) **Be Quiet** if you decide to stay up late, don't entertain everyone at the Dirt Farm!

Equipment: You will need to bring to the river the following clothing etc.
If you are using your own kayak and gear you will need to transport it to the river.
Swimsuit

River shoes (beach shoe, available at Wal-Mart for \$5.00. Teva type sandals are not acceptable they may get stuck in kayak.)

Sun Screen 30spf or higher, waterproof and sweat proof

Polypropylene, capilene thermal underwear top (very important for spring /fall classes, don't bring cotton long undies they will make you cold)

Lunch that can be packed into a kayak (chips and things that get smashed are not good)

Lots of water, probably two quarts in a water bottle

Nose Plugs (pb's plugs from southern trails)

Hat that fits under a kayak helmet (optional)

Dry change of cloths and towel

Camping: The best way to take this course is to camp out in Wetumpka. You have two choices the Dirt Farm and Fort Toulouse. If you need camping equipment you can get some at the Student Union.

The Dirt Farm: This is where the class starts and ends. Camping here is \$5 a person each night. there are showers and restrooms . Please drive SLOWLY while at the Dirt Farm! You can cook over fire, grill out, or you can check out some of the local eateries within five minutes of the campground.

Fort Toulouse: About 10 minute drive from the Dirt Farm, Fort Toulouse is an historical site where the French placed a Fort for trading in the 1500's. It is situated on a high bluff above the confluence of the Tallapoosa and Coosa Rivers. It features a nice grass campsites, hot showers and modern facilities and costs about 8.00 dollars / tent site (max 2 tents). I would suggest making reservations. (Ph 1-334-567-3002).

River Sessions Schedule

<u>Group</u>	<u>Dates</u>
Group 1	TBA
Group 2	TBA
Group 3	TBA
Group 4	TBA

Accommodations

Student who need accommodation are asked to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are need immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. Bring a copy of your Accommodation Memo and an Instructor Verification Form to the meeting. If you do not have an Accommodations Memo but need accommodations, make an appointment with The Program for Students with Disabilities. 1244 Haley Center, 8442096(V/TT)

Honesty Code: The University Academic Honesty Code and the Tiger Club Rules and Regulations pertaining to Cheating will apply to this class.