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2019 INTRODUCTION TO SEA KAYAKING COURSE

Course Structure and Schedule:

The course consists of three lectures, one pool session, one open water session and one “wet paddle”.

Lecture Sessions - Olympia Friends Meeting House 6:30-9:30pm

Thu., May 2: Introduction, orientation, equipment overview, safety, introduction to basic techniques.

Thu., May 9: Hypothermia, first aid equipment, introduction to tides and currents, weather for kayakers.

Thu., May 16: Boat handling, leadership/followership, wilderness ethics, volunteerism, the next steps.

Pool Session - Evergreen College Pool

Sun. May 5: Swim test, entry and exit, rescue techniques, fitting your kayak, bracing.

Open Water Session, - Kenneydell Park, Black Lake 9 am - 4 pm

Sat., May 11: Boat loading and tie down, forward paddling, braces, turning strokes.

Wet Paddle, - Boston Harbor 9 am - 4 pm

Sat., May 18 or Sun., May 19: (There will be two wet paddles, each student must attend one of these sessions.) Four hour paddle and cold water self and assisted rescue clinic. (Plan to get wet in COLD water.)

One additional club sponsored paddle is required to graduate.

Graduation Requirements:

1. Swim 50 yards.
2. Attend all three lectures.
3. Successfully complete both pool and the open water session.
4. Successfully participate in two club sponsored paddles, one of which is a “Wet Paddle”.
5. Complete all requirements by Dec. 31, 2019

Pool-Training-Session Information

2019 Olympia Mountaineers Sea Kayaking Class

When: Sun. May 5th 1:30p-4:30p

Please try to arrive promptly to maximize our time in the water.

Where: Evergreen State College Pool. CRC Rec. Center. 2700 Evergreen Prkwy NW #L 113

Bring:

- Swim wear and maybe another layer to stay warm out of the water. Instructors often wear their wet suits for extended period comfort. Water shoes are also useful. However just swim wear and a towel will be fine as well.*
- Nose plugs are good to keep the chlorine out of your nose when upside down. If you wish goggles or even a swim mask can be used.*
- There are dressing rooms with showers and lockers (bring a lock if you need one).*
- *We will be supplying boats, paddles and paddle floats, no need to bring your own. We will also supply PFD's, but they will be assorted sizes. If you have a PFD that fits you, you may wish to bring it.*

Reading Assignment:

- Boat Fitting: pp. 94-96*
- Getting in & out of the boat: pp. 107-108*
- Wet Exit: pp. 131-133*
- Rescues: pp. 115-120, 133-147*
- Strokes: pp. 109-127*

Remember:

- After the class, please stick around and help us get boats packed up.*

Begin Time	End Time	Activity
1:30	1:45	Student check-in at pool and change clothes
1:45	2:15	Demo & swim test
2:15	2:45	Boat Fitting, Spray Skirts, Getting in/out
2:45	3:00	Wet Exit
3:00	4:00	Rescues
4:00	4:30	Bracing, Strokes

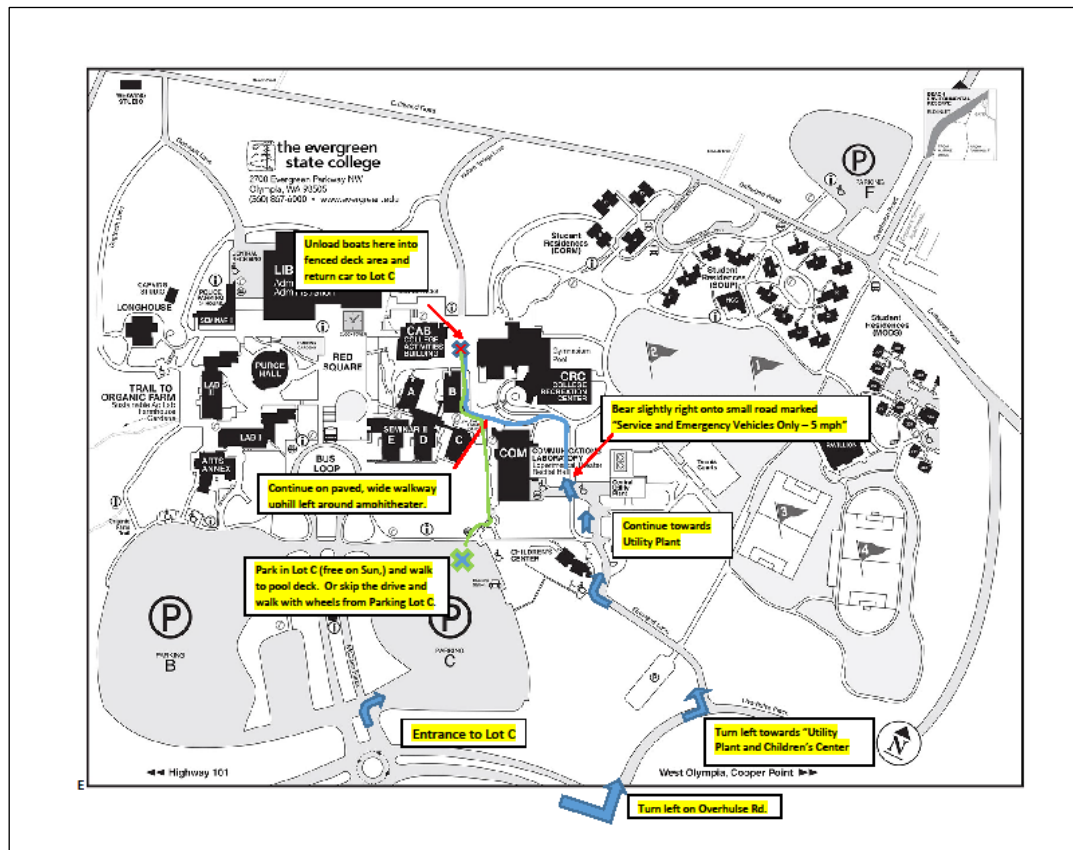
Directions to Evergreen College Pool . 2700 Evergreen Prkwy NW

From South (Olympia):

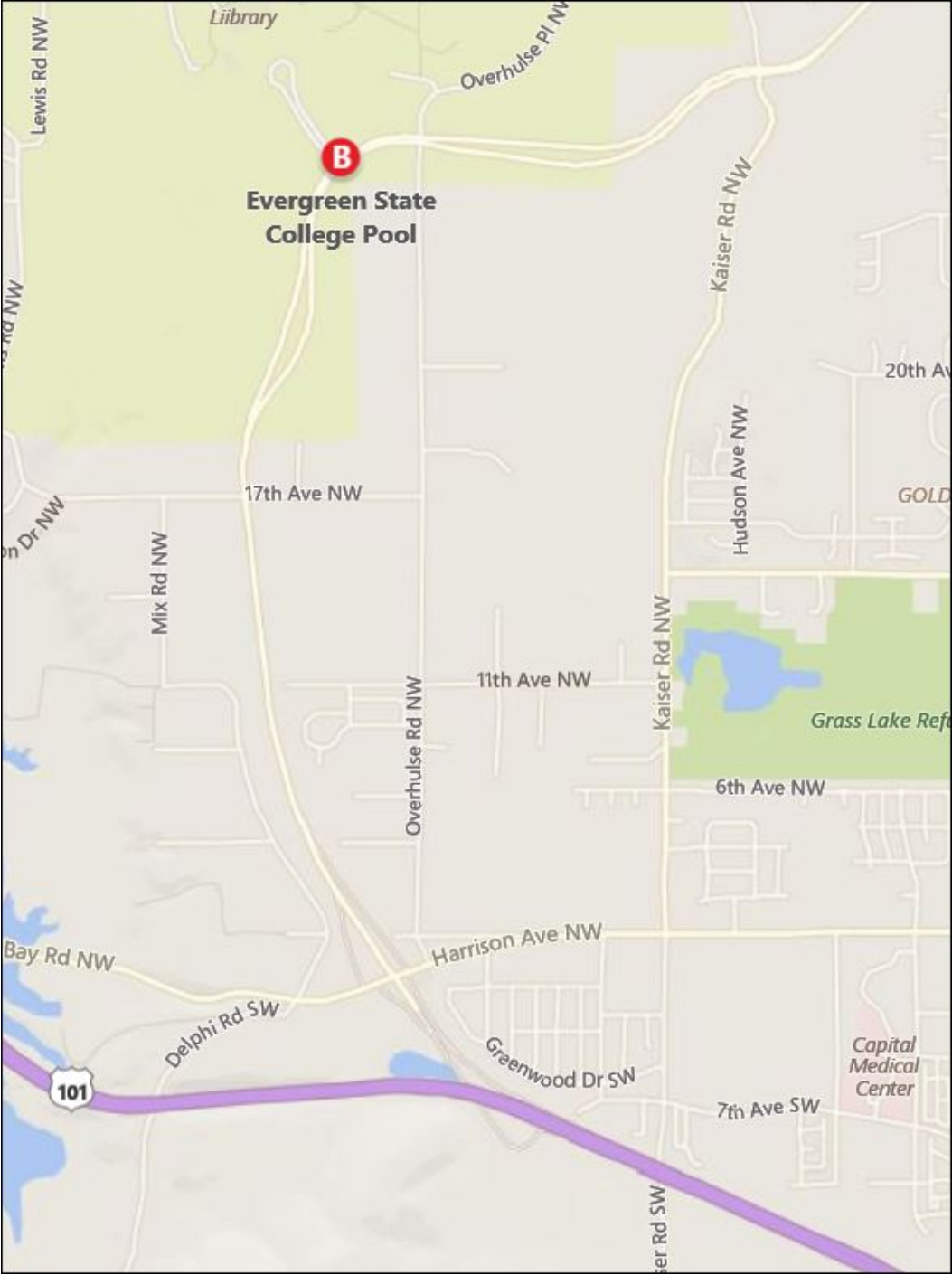
I5 N to exit 104 (101N to Aberdeen, Port Angeles. ~3.3 miles to right onto Evergreen Parkway. Stay on ramp past Harrison exit. Continue to traffic circle, take left into main campus drive, turn right to parking Lot C. After parking, walk North to CRC building.

From North (Seattle, Tacoma)

I-5 south to exit 104 (Rt. 101 N to Aberdeen/ Port Angeles. Drive ~3.3 mi. to take right onto Evergreen Parkway, Stay on ramp past Harrison exit. Continue to traffic circle, take left into main campus drive, turn right to parking Lot C. After parking, walk North to CRC building.



Above shows route to drop off boats. Also shows the Evergreen entrance and parking lot C. Park in Lot C and use walkway to get to pool access at CRC bldg.



Open-Water-Training-Session Information

2019 Olympia Mountaineers Sea Kayaking Class

When: *Sun. May 11, 2019 9:00 AM to about 4:00 PM*
(no-early leaves) arrive at 9:00 AM to help set up & get your ducks in a row (as the saying goes)

Where: *Kenneydell Park, Black Lake*

Bring:

- The air over the water (and the water) is cold. Dress warm. You may wear a wetsuit or drysuit, etc, but this is not required.*
- Shorts (if warm & sunny) and/or rain pants over polypro long-johns (depends on the weather - **BE PREPARED FOR COLD**). Layer long-johns if you chill easily. Poly pro top or wool; avoid cotton. Wear wool hat if cold, visor, cap, and sunglasses if hot and sunny. Prepare to layer clothing. Bring rain coat. Poly fleece is warm, bring as extra.*
- Extra set of clothing to leave in the car (unlikely, but in case you tip over or otherwise get wet). If sharing a ride, make sure each rider has access to the car.*
- Lunch, and energy snack, drinking water, and a thermos of hot liquid, if cold.*
- Bring a dry-bag, (double garbage bags work fine), to put lunch, jacket, etc. to carry in the boat.*
- Bring a sense of adventure, and humor. This is going to be a fun day!*

Reading Assignment:

- Getting in & out of the boat: pp. 107-108*
- Strokes: pp. 109-127*

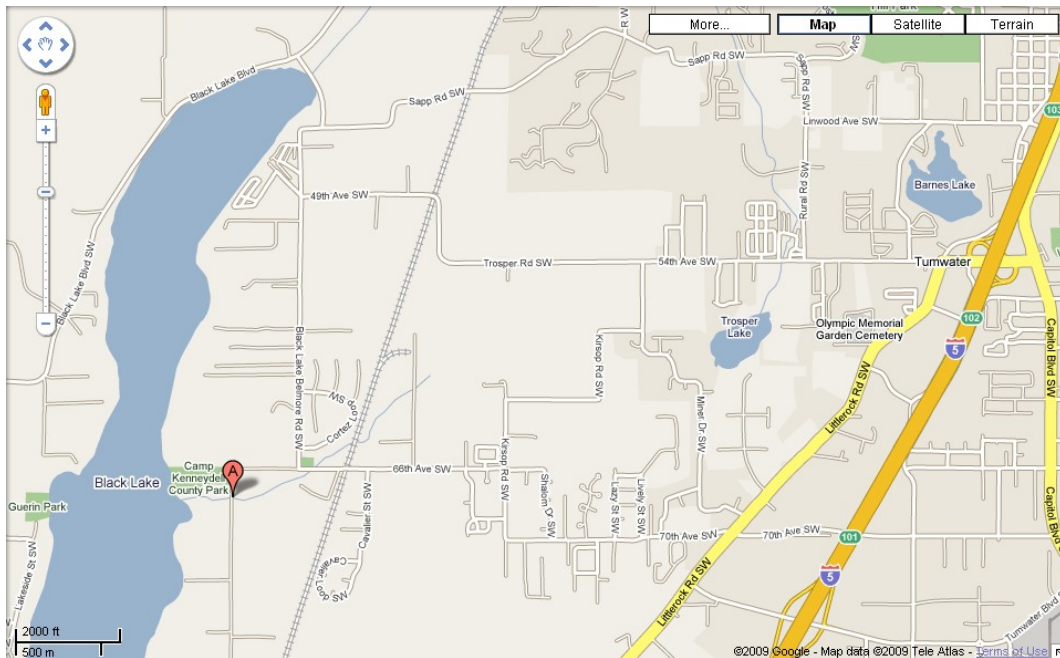
Remember:

- After the paddle, please stick around and help us get boats packed up. We may need help getting the rental boats back to town. Any assistance is appreciated .*

☐ OPEN WATER SCHEDULE

Begin Time	End Time	Activity
9:00	9:45	Check In: Get prepared, carry boats down to beach.
9:45	10:15	Orientation: Introductions, outfitting, daily schedule, goals, warm up, etc.
10:15	11:45	Launch, paddle, evaluate <ul style="list-style-type: none"> • Launching • In boat stretching • Hip snap, J-lean • Low Brace • Sweep Strokes • Stopping • Forward Stroke • Reverse Stroke • Side Draws • Stern Rudder
11:45	12:30	On-shore lunch
11:30	15:30	Review & Practice: Review morning's work and go on a short paddle along shore
15:30	16:00	Wrap Up: Questions, carry boats back.

DIRECTION TO KENNEYDELL PARK—OPEN WATER



From 101:

2	Get on Black Lake Blvd SW and drive southwest	0 ft
3	Turn left onto Black Lake-Belmore Rd SW	1.9 mi
4	Turn right onto Black Lake-Belmore Rd SW	0.3 mi
5	Turn right onto 66th Ave SW	1.3 mi
6	Turn left onto Fairview Rd SW	0.2 mi
7	Turn right into Kenneydell Park	0.1 mi

From I-5 Southbound:

3	Take exit 102 to the right onto Trospen Rd SW Turn right onto Trospen Rd SW	
4		0.4 mi
5	Turn left onto Littlerock Rd SW	492 ft
6	Turn right onto 70th Ave SW	1.3 mi
7	Turn right onto Kirsop Rd SW	0.8 mi
8	Turn left onto 66th Ave SW	0.3 mi
9	Turn left onto Fairview Rd SW	1.0 mi
10	Turn right into Kenneydell Park	0.1 mi

From I-5 Northbound:

3	Take exit 101 to the right onto Tumwater Blvd SW	
4	Turn left onto Tumwater Blvd SW	0.4 mi
5	Turn right onto Littlerock Rd SW	0.5 mi
6	Turn left onto 70th Ave SW	0.2 mi
7	Turn right onto Kirsop Rd SW	0.8 mi
8	Turn left onto 66th Ave SW	0.3 mi
9	Turn left onto Fairview Rd SW	1.0 mi
10	Turn right into Kenneydell Park	0.1 mi

Wet Paddle-Training-Session Information

2019 Olympia Mountaineers Sea Kayaking Class

When: Session A - Sat. May 18, 9:00 AM
to about 4:00 PM Session B - Sun. May
19, 9:00 AM to about 4:00 PM

Where: Boston Harbor Marina (See map on reverse)

Rentals: Rentals are the responsibility of the students. Boats are available from The Alpine Experience and Boston Harbor Marina. Boats may be picked up off the dock from Boston Harbor Marina and no transportation is needed.

Bring:

- We will be paddling around the Boston Harbor area and down Budd Inlet in the morning. Dress for a kayak trip on the sound according to the day's weather..
- Shorts (if warm & sunny) and/or rain pants over polypro long-johns (depends on the weather - BE PREPARED FOR COLD). Layer long-johns if you chill easily. Poly pro top or wool; avoid cotton. Wear wool hat if cold, visor, cap, and sunglasses if hot and sunny. Prepare to layer clothing. Bring rain coat. Poly fleece is warm, bring as extra.
- Either wear in the morning or bring along your immersion protection gear (wet suit, dry suit, much fleece, or whatever) We will have the opportunity to change or revise gear at lunch before we do wet rescue practice.
- Extra set of clothing to leave in the car for after you return wet..
- Lunch, and energy snack, drinking water, and a thermos of hot liquid, if cold.
- Bring a dry-bag, (double garbage bags work fine), to put lunch, jacket, etc. to carry in the boat.
- Bring a sense of adventure, and humor.

Reading Assignment:

- Strokes: pp. 109-127
- Rescues: pp. **115-120, 133-147**

Remember:

- We will stop for lunch at Burfoot Park. Toilets are available up the hill from the beach
- This is going to be a fun day! Everybody gets wet, including instructors.

□ **Directions to Boston Harbor Marina, 312 73rd Ave. NE**

From South, West (Tumwater, Shelton):

Take I-5 North, or US 101 South to I-5 North. Exit 105 B, Port of Olympia
Take right hand lane. Turn right at Stop sign. Turn left at Light onto Plum Street

From North (Seattle, Tacoma)

Take I-5 South. Exit 105 B, Port of Olympia. Follow exit on to Plum Street

(Common directions from I-5 exit or from Olympia:)

North on Plum Street towards the Port and East Bay. Straight on Plum which turns into East Bay Drive after it crosses State. Continue north past Priest Point Park. East Bay Drive, turns into Boston Harbor road. About 6 miles from town, at stop sign (Welcome to Boston Harbor) turn left. Marina is two blocks on right. Marina customers (boat renters) may park in lot on left of restroom. Others park to left of ramp facing water or on side street left of 73rd, up the hill. Don't block driveways. Parking is a little tight, car pool if you can.

