

# **RTM 151D: FLATWATER BOATING – FALL 2008**

Department of Recreation and Tourism Management

**COURSE TITLE:** LSRC 151D: Flatwater Boating

## **COURSE DESCRIPTION:**

Introduction to safe travel by kayak and canoe on lakes, rivers, and oceans. Includes equipment, navigation and techniques for flatwater boating and emergency self-rescue. Emphasis will be on safety, environmental awareness, and skill development. Course includes an overnight campout at Castaic Lake. Students must provide their food and camping equipment.

## **COURSE OBJECTIVES:**

At the conclusion of the course students should be able to:

1. Have a greater understanding of and appreciation for the natural environment and be able to incorporate minimum impact techniques in their travel
2. Show an increased ability to evaluate conditions and navigate their craft using safe water travel techniques
3. Synthesize information related to human physiology and external weather conditions and demonstrate proper emergency response to acute hypothermia
4. Apply a variety of paddle techniques for safe navigation of open canoes in both optimal and unexpected weather conditions
5. Apply a variety of paddle techniques for safe navigation of canoes kayaks in flatwater conditions
6. Evaluate conditions related to group dynamics and develop a level of self-confidence and self-awareness in conjunction with understanding of the needs of others in the group

## **COURSE CONTENT:**

- |                                     |                           |
|-------------------------------------|---------------------------|
| I. Introduction                     | V. Boat transfers         |
| a. The aquatic environment          | a. Vehicle transfers      |
| b. Varieties of boating experiences | b. Embarking/disembarking |
| II. Equipment                       | c. Loads                  |
| a. Canoes - terminology, styles     |                           |
| b. Kayaks - terminology, styles     |                           |
| c. Paddles                          |                           |
| d. Personal flotation devices       |                           |
| e. Rescue equipment                 |                           |
| III. Water emergencies              | VI. Paddle techniques     |
| a. Heat transfer mechanisms         | a. Canoe strokes          |
| b. Cold water immersion             | b. Kayak strokes          |
| c. Acute hypothermia and responses  |                           |
| IV. Self-rescue techniques          | VII. Trip planning issues |
| a. Capsize                          | a. Equipment              |
| b. Entrapment                       | b. Environmental impact   |
| c. Rapids                           | c. Food                   |
| d. Lightning                        | d. Safety plans           |
|                                     | e. Regulations            |

**METHODS OF INSTRUCTION:**

Students will receive lecture material, participate in class discussions, and take exams during the lecture portion of the course. During the on-the-water portion of the course students will demonstrate the knowledge and skills necessary for safe flatwater boating.

**COURSE GRADING:**

- 25% California Boating Safety Certificate
- 25% Skills
- 25% Written Examination
- 25% Attendance and Participation

**COURSE CALENDAR** (All classes meet at the Castaic Lake Classroom)

- September 13 10-1:45
- September 20 10-1:45
- September 27 10-1:45
- October 4 10- All day and overnight camping
- October 5 10-1:45

**DIRECTIONS TO CASTAIC LAKE**

- I-5 to Lake Hughes Road (4 miles past Magic Mountain)
- Turn right on Lake Hughes Road
- Turn left on Ridge Route Road
- Turn right on Castaic Lake Drive
- Turn right at park entrance
- Stop at booth and give attendant your name (No charge for parking!)
- Turn right at "T" and park at CSUN Classroom Building in lot #1

**INSTRUCTOR**

- John Van Arsdale, Aquatic Center Director
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