

OOPS Activity Planning Worksheet

Revised 02/15/09

Title: Getting the Kinks out of Kayaking	Type of Activity: Classroom	Date(s): 4-3-09
<p>Narrative description: An informal yet illuminating look at the musculo-skeletal system and how to best prepare it for a season of kayaking, (or anything thing else for that matter), especially for anyone suffering from chronic pain.</p> <ul style="list-style-type: none"> •The nature of chronic pain, the warning signs and symptoms, and some effective management strategies. •The nuts and bolts of the body, how it kayaks, and how to bring the two together in happy unison. •Specific stretches and strengthening exercises for the kayaker. •Q & A 		
Starting point: Lake Oswego		Ending point: Same
Route alternatives if bad weather:		
Skills or Equipment (In addition to general requirements per the Activity Policy):		
<input type="checkbox"/> Towline	<input type="checkbox"/> Helmet	Min. Immersion Wear: None required
Other Requirements:		
Primary Organizer: Neil Bastian		Organizer:
First Aid Person: Neil Bastian		Organizer:
Max # of Participants: 10		OOPS members only? Yes
Has organizer been on this paddle before? Yes		Has organizer led an OOPS activity here before? Yes
<p>CERTIFICATION: By checking this box, <input checked="" type="checkbox"/> the Organizer certifies that they have read, understand and will conduct this activity in accordance with OOPS Activity Policies.</p>		
CONDITIONS:		<u>RATING FACTORS:</u>
Air Temp: 70 °F	Water Temp: 68 °F	Wind Strength: 1. 0-7 knots (8mph)
High Tide (Ft, time)		Swell/Surf size: 1. < 1', no breaking waves
Low Tide (Ft, time)		Sea State: 1. Calm or small wavelets
Flood (speed, time):		Landing Type: 1. Gently sloping sand, gravel, grass
Ebb (speed, time):		Currents: 1. up to 1 knot
Water time: Hours	<input type="checkbox"/> Shipping traffic	Total Distance: 1. Up to 6 miles
<input type="checkbox"/> Night Paddling	<input type="checkbox"/> Potential Fog	Open Crossing Distance: 1. No open crossings
<i>Note, night or fog bumps the rating up one level</i>		OVERALL RATING: 1. Level one
Comment on overall rating (if different than the rating system yields): Classroom class		