

OOPS Activity Planning Worksheet

Revised 02/15/09

Title: Forward Stroke Class		Type of Activity: Class		Date(s): 4-5-09	
<p>Narrative description: Start the paddling season with a more powerful forward stroke. I have taught this class numerous times and have had people who use Euro blades and Greenland sticks enjoy the principles outlined in the class. For some it will be your primary forward stroke and for others it will be that extra gear you need in situations where you need some extra power. High angle paddles will be on loan for those interested in trying out a different blade.</p>					
Starting point: TBD, Portland			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: Farmer John Wetsuit	
Other Requirements:					
Primary Organizer: Fred Harsman			Organizer: Don Beale		
First Aid Person: Don Beale			Organizer:		
Max # of Participants: 8			OOPS members only? Yes		
Has organizer been on this paddle before? Yes			Has organizer led an OOPS activity here before? Yes		
<i>CERTIFICATION: By checking this box, <input type="checkbox"/> the Organizer certifies that they have read, understand and will conduct this activity in accordance with OOPS Activity Policies.</i>					
CONDITIONS:			<u>RATING FACTORS:</u>		
Air Temp: 55 °F		Water Temp: 50 °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: 5 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: 2. Level two		
Comment on overall rating (if different than the rating system yields): Level 2 for the intended level of instruction.					