

OOPS Activity Planning Worksheet

Revised 02/15/09

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| Title: Rolling | Type of Activity: Class | Date(s): 4-6-09 |
| <p>Narrative description: A rolling class at Centennial Pool, with some of the spots filled from the wait list of prior classes. Class is open to beginner rollers, and members wanting to refine their existing Eskimo roll on either side. Pool rental to be covered by the students. \$15 per student based on at least 6 students per class.</p> <p>Coach to Student ratio usually 1:2 , Student, must be comfortable with delayed wet exits and totally comfortable upside down in their boat before enrolling in this class. Student's boat can be either a white water or sea kayak, but it must fit them snugly in hips and thighs and back. Thigh braces are especially important in that the thighs cannot simply slip out of the support. Soft chine boats are easier to roll. Soft chine is a rounded boat keel. Hard chined boats have flat sides with definite edges.</p> <p>Students can work on their flexibility and body mechanics by viewing:</p> <p>http://www.wonderhowto.com/how-to/video/how-to-exercise-for-kayak-rolling-using-a-swiss-exercise-ball-165241/</p> <p>Students can learn either Euro or Greenland style rolling. It is recommended that they are familiar with the mechanics of rolling before the class. Recommended viewing: "The Kayak Roll" DVD/video by Performance Video for Euro rollers and "Dubside's" Greenland Rolling.with Dubside Vol. 1/DVD.</p> <p>Shorty wetsuit recommended because Centennial Pool is a little cold.</p> | | |
| Starting point: Centennial Pool | Ending point: Centennial Pool | |
| Route alternatives if bad weather: n/a | | |
| Skills or Equipment (In addition to general requirements per the Activity Policy): | | |
| <input type="checkbox"/> Towline | <input type="checkbox"/> Helmet | Min. Immersion Wear: Shorty wetsuit |
| Other Requirements: Comfortable holding breath for several seconds at a time, upside down | | |
| Primary Organizer: Teresa Webb | | Organizer: |
| First Aid Person: Lifeguard | | Organizer: |
| Max # of Participants: 7 | | 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 checked="" 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: 70 °F | Water Temp: 65 °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: 2 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): Rated level two for the level of instruction | | |