

# OOPS Activity Planning Worksheet

Revised 02/15/09

<b>Title:</b> Practice Session at the Pool		<b>Type of Activity:</b> Trip		<b>Date(s):</b> 5-5-09	
<p><b>Narrative description:</b> An OOPS - sponsored practice session at Centennial Pool in Portland. Come out to have fun practicing wet exits, rolling, balance skills, or manaeuvring strokes in a warm pool with other like-minded OOPS members. The cost is \$9 per person, prepaid. Sign up with Joanne Barta at the general meeting or make other arrangements with Joanne to prepay and get on the roster. Priority will go to people who attend the General Meeting and prepay there. Centennial is a little cool compared to other pools, bring light immersion protection for comfort in the water. Nose pugs are also recommended.</p>					
<b>Starting point:</b> Centennial Pool			<b>Ending point:</b> Same		
<b>Route alternatives if bad weather:</b>					
<b>Skills or Equipment</b> (In addition to general requirements per the <a href="#">Activity Policy</a> ):					
<input type="checkbox"/> Towline		<input type="checkbox"/> Helmet		<b>Min. Immersion Wear:</b> Shorty wetsuit	
<b>Other Requirements:</b>					
<b>Primary Organizer:</b> Joanne Barta			<b>Organizer:</b>		
<b>First Aid Person:</b> Lifeguard			<b>Organizer:</b>		
<b>Max # of Participants:</b> 10			<b>OOPS members only?</b> Yes		
<b>Has organizer been on this paddle before?</b> Yes			<b>Has organizer led an OOPS activity here before?</b> Yes		
<p><b>CERTIFICATION:</b> 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>					
<b>CONDITIONS:</b>			<b><u>RATING FACTORS:</u></b>		
<b>Air Temp:</b> 70 °F		<b>Water Temp:</b> 68 °F		<b>Wind Strength:</b> 1. 0-7 knots (8mph)	
<b>High Tide (Ft, time)</b>			<b>Swell/Surf size:</b> 1. < 1', no breaking waves		
<b>Low Tide (Ft, time)</b>			<b>Sea State:</b> 1. Calm or small wavelets		
<b>Flood (speed, time):</b>			<b>Landing Type:</b> 1. Gently sloping sand, gravel, grass		
<b>Ebb (speed, time):</b>			<b>Currents:</b> 1. up to 1 knot		
<b>Water time:</b> Hours		<input type="checkbox"/> Shipping traffic		<b>Total Distance:</b> 1. Up to 6 miles	
<input type="checkbox"/> Night Paddling		<input type="checkbox"/> Potential Fog		<b>Open Crossing Distance:</b> 1. No open crossings	
<i>Note, night or fog bumps the rating up one level</i>			<b>OVERALL RATING:</b> 1. Level one		
<b>Comment on overall rating</b> (if different than the rating system yields):					