

OOPS Activity Planning Worksheet

Revised 02/15/09

Title: Rolling		Type of Activity: Class		Date(s): 5-11-09	
<p>Narrative description: A rolling class at Centennial Pool, Class is open for 3 beginner rollers, and 3 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. Students need have good flexibility. 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 expecially 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 definate edges.</p> <p>Students can improve their flexibility and body mechnics 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>Please apply for class to Teresa Webb: ttwebb@hrecn.net. Email rolling experience, comfort under water, degree of flexibility, boat make, description of boat fit, and reason for learning to roll.</p> <p>6 Students will be selected from applicants. - class is 5/11 8 - 10 p.m.</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: Don Beale, Ken Durbin		
First Aid Person: Lifeguard			Organizer: Alan Douglass		
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: 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: 3. Level three		
Comment on overall rating (if different than the rating system yields): Rated level 3 for the level of instruction					