

# OOPS Activity Planning Worksheet

Revised 02/15/09

<b>Title:</b> Strokes Class	<b>Type of Activity:</b> Class	<b>Date(s):</b> Nov. 1st
<p><b>Narrative description:</b> We will start on land and discuss the effects of edging and the paddle on the kayak. Also certain terminology will be made clear ( inside hand means side with paddle in water etc. ) . A warmup which will stress correct paddle orientation will be used and then off to the water. The strokes covered in this order will be:</p> <p>turning sweep strokes on the move  partner edging (1-2-3-4-)  partner low brace  low brace drill with on person out of the water capsizing and supporting boat  turning sweep strokes using edging on the move  Discus bow sweep and apply it in a low brace turn  forward and reverse sweeps to turn 360 counting number of strokes  forward stroke -3 drills</p> <p style="padding-left: 40px;">1- touch paddle to opposite side after each stroke  2-one sided paddling emphasizing upper hand coming straight across centerline and lower hand not bending maintaining power position  3-paddle straight arms and when instructor sees student getting it will say "go to 15 degrees " and have student continue same as straight arm with 15 degree bend</p> <p style="padding-left: 40px;">Go over reasons for letting paddle go off same angle as bow wake. More vertical , longer stroke to hip and finds undisturbed water.</p> <p>stopping and reverse stroke  draw to the hip  sculling draw  stern rudder</p> <p>Play game with retrieving tennis balls only using assigned strokes  Extra practice depending on time and group  draw on the move  static draw  crossbow rudder  blended strokes ( bow rudder to stern rudder to S turn)  goofey stokes for fun ( double paddle on one side, side skull race both blades on one side, one handed behing the neck low brace removing hat for show)</p> <p>Rescues should happen organically and we will try various rescues as the need arises</p>		
<b>Starting point:</b> Milwaukie Boat Ramp	<b>Ending point:</b> same	
<b>Route alternatives if bad weather:</b> Cedar Oaks Boat Ramp		
<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> Drysuit
<b>Other Requirements:</b>		
<b>Primary Organizer:</b> Fred Harsman	<b>Organizer:</b>	
<b>First Aid Person:</b> same	<b>Organizer:</b>	
<b>Max # of Participants:</b> 6	<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	
<b>CERTIFICATION:</b> 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.		
<b>CONDITIONS:</b>	<b><u>RATING FACTORS:</u></b>	

<b>Air Temp:</b> 50 °F	<b>Water Temp:</b> 55 °F	<b>Wind Strength:</b> 1. 0-7 knots (8mph)
<b>High Tide (Ft, time)</b> na	<b>Swell/Surf size:</b> 1. < 1', no breaking waves	
<b>Low Tide (Ft, time)</b> na	<b>Sea State:</b> 1. Calm or small wavelets	
<b>Flood (speed, time):</b> na	<b>Landing Type:</b> 2. Docks, brush, moderate banks	
<b>Ebb (speed, time):</b> na	<b>Currents:</b> 1. up to 1 knot	
<b>Water time:</b> 4 Hours	<input type="checkbox"/> <b>Shipping traffic</b>	<b>Total Distance:</b> 1. Up to 6 miles
<input type="checkbox"/> <b>Night Paddling</b>	<input type="checkbox"/> <b>Potential Fog</b>	<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):		