

# OOPS Activity Planning Worksheet

Revised 02/15/09

<b>Title:</b> Rolling lesson with B.C.U. method		<b>Type of Activity:</b> Class		<b>Date(s):</b> 12/06/09	
<p><b>Narrative description:</b> Practice coaching for BCU Coach 2 program. Progressive session in rolling using the method described in the B.C.U. Handbook - see page 146-156. The method involves teaching the student in a partially submerged kayak and paddling with hands to roll the kayak in 360 degrees using both sides. The method advances the student in a progression from hand paddling a submerged boat 360 degrees and then using a floated boat with spray skirt again stressing both sides. Emphasis is to get the paddle to a position of leverage, ready for a hip flick from what ever the position the paddle happens to be in. In other words, being able to start in any position. Research has shown that practice on each side when learning a skill will result in a faster route to complete mastery of the skill.</p>					
<b>Starting point:</b> n/a			<b>Ending point:</b> n/a		
<b>Route alternatives if bad weather:</b> n/a (indoors)					
<b>Skills or Equipment (In addition to general requirements per the <a href="#">Activity Policy</a>):</b>					
<input type="checkbox"/> Towline		<input checked="" type="checkbox"/> Helmet		<b>Min. Immersion Wear:</b> See "other" below	
<b>Other Requirements:</b> pool attire, protection of thighs, swim mask or nose plugs.					
<b>Primary Organizer:</b> Teresa Webb			<b>Organizer:</b>		
<b>First Aid Person:</b> Teresa Webb			<b>Organizer:</b>		
<b>Max # of Participants:</b> 4			<b>OOPS members only?</b> Yes		
<b>Has organizer been on this paddle before?</b> No			<b>Has organizer led an OOPS activity here before?</b> Yes		
<p><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.</p>					
<b>CONDITIONS:</b>			<b><u>RATING FACTORS:</u></b>		
<b>Air Temp:</b> 70+ °F		<b>Water Temp:</b> 70+ °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> 2. Docks, brush, moderate banks		
<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> 5. > 22 miles	
<input type="checkbox"/> Night Paddling		<input type="checkbox"/> Potential Fog		<b>Open Crossing Distance:</b> 2. < 1 mile	
<b>Note, night or fog bumps the rating up one level</b>			<b>OVERALL RATING:</b> 4. Level four		
<b>Comment on overall rating</b> (if different than the rating system yields): Class rating is a 4 due to the advanced skill being taught.					