

OOPS Activity Planning Worksheet

Revised 02/15/09

Title: Rolling lesson with B.C.U. method		Type of Activity: Class		Date(s): 12/06/09	
<p>Narrative description: 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>					
Starting point: n/a			Ending point: n/a		
Route alternatives if bad weather: n/a (indoors)					
Skills or Equipment (In addition to general requirements per the Activity Policy):					
<input type="checkbox"/> Towline		<input checked="" type="checkbox"/> Helmet		Min. Immersion Wear: See "other" below	
Other Requirements: pool attire, protection of thighs, swim mask or nose plugs.					
Primary Organizer: Teresa Webb			Organizer:		
First Aid Person: Teresa Webb			Organizer:		
Max # of Participants: 4			OOPS members only? Yes		
Has organizer been on this paddle before? No			Has organizer led an OOPS activity here before? Yes		
<p>CERTIFICATION: 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>					
CONDITIONS:			<u>RATING FACTORS:</u>		
Air Temp: 70+ °F		Water Temp: 70+ °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: 2. Docks, brush, moderate banks		
Ebb (speed, time):			Currents: 1. up to 1 knot		
Water time: Hours		<input type="checkbox"/> Shipping traffic		Total Distance: 5. > 22 miles	
<input type="checkbox"/> Night Paddling		<input type="checkbox"/> Potential Fog		Open Crossing Distance: 2. < 1 mile	
Note, night or fog bumps the rating up one level			OVERALL RATING: 4. Level four		
Comment on overall rating (if different than the rating system yields): Class rating is a 4 due to the advanced skill being taught.					