

LCCC Classes: Frequently Asked Questions

Do you have any kayaking classes?

We welcome kayakers in our club, and many of them paddle with us on our club trips, but we do not offer kayaking instruction. However, many other organizations in the area offer kayak classes. Contact your local paddle shop (Alder Creek or Next Adventure) for information, or look online.

Where are the LCCC classes offered?

Usually local lakes and rivers about 45 minutes or an hour from Portland.

I have knee problems and I can't kneel in a canoe, or I can't kneel for very long. Can I still take the classes?

This isn't a problem for the Flatwater/Moving Water classes, though for some Class 1 rapids, kneeling will help the boat be more stable. For the Whitewater Class, you must be able to kneel. If kneeling is painful for you, kayaking (hard-shell or inflatable) may be a better bet for you than whitewater canoeing.

I have a beautiful, sleek fiberglass boat that the catalog said is good for all-around paddling, including whitewater. Is that OK for the whitewater class?

Well, no. We hate to see you bash up and scratch your beautiful boat on river rocks. And the sleekest boats aren't the easiest for maneuvering on rivers and can easily become pinned or damaged when making more difficult maneuvers in rapids. We may be able to help you find a different boat to paddle for the classes.

What are the best canoes for the classes?

Plastic boats made of ABS (Royalex and T-Formex) or polyethylene (kayak plastic) are best for advanced moving water and whitewater classes. For lake and easy river paddling (such as the Willamette), fiberglass and Kevlar canoes make good, light-weight choices. People who take the solo version of the whitewater class are typically in more specialized whitewater boats with foam pedestal seats, thigh straps and lots of rocker. In tandem whitewater classes, more specialized whitewater canoes offer a lot of advantages and it is essential that you have knee pads and thigh straps for kneeling. If you have any concerns or questions please discuss that with the instructor or clinic organizer (instruction@l-ccc.org) before the class.

Does it make sense to take the class twice?

Absolutely. Or more than twice. There is much to learn. And we can try to put you with other more advanced students.

Who are these instructors? Are they ACA-certified?

Some of our instructors are ACA-certified or were at one time. Many of them have had advanced instruction and coaching from Bob Foote and/or other national experts. Most are

extremely experienced canoeists with years of paddling experience and instruction under their belts.

LCCC instructors are all volunteers. The only pay they receive is mileage for driving their vehicles and the joy of sharing their passion for canoeing with you.

Why do we have to have ACA insurance? Is this dangerous?

Any water sport carries risks. We'll teach you some of the safety basics of the sport, but if you feel uncomfortable or fearful at any time in a class you should tell the instructor. Our club has a great reputation for being safety-conscious, but the waivers you sign specifically state that you take responsibility for your own safety.

Who takes the classes?

We've had students of all ages from 18 to sixty something. You do need to know how to swim and be fit enough to safely participate in paddle sports.

What's the student-teacher ratio?

It's excellent and you'll get lots of personal attention. Typically, we have two instructor boats per six student boats. In the whitewater classes, depending on the group or the difficulty of the run, we may have safety boats along as well in case of capsizes.

Capsizes?

Yes, once in a while even people canoeing on a lake flip when they're focusing on a drill.

Capsizes are pretty much part of the sport, especially in whitewater. A frequent saying among experienced paddles is that "we're all just between swims." Bring a spare set (or two) of warm, dry clothes.

What if the weather or level is bad?

We do occasionally reschedule a class because of conditions beyond our control. But generally, it has to be a pretty bad day weather-wise or river level-wise to force us to reschedule a class.

Help! I still have questions!

Contact the clinic organizer at instruction@l-ccc.org.

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