

LOWER COLUMBIA CANOE CLUB

Information for Skill Builder Participants

The Lower Columbia Canoe Club (LCCC) is a nonprofit organization dedicated to promoting paddle sports. Club trips range from lake paddling to advanced whitewater (Class III to IV). Weekend campouts on rivers like the McKenzie and North Umpqua, are also featured. The club also has frequent meetings often featuring a paddling program and publishes a monthly newsletter with trip schedules, trip reports, equipment for sale, and canoeing and water safety information.

Leveraging its long history in canoeing (lake, moving water and whitewater), the LCCC organizes instructional programs regularly for its members.

ABOUT THE SKILL BUILDERS:

Paddling can be a relaxing, rejuvenating and at times an exciting sport. It is an excellent way to see beautiful canyons and lakes as well as experience whitewater at its best. Lessons from a trained instructor are an excellent way to develop the necessary skills. Taking such organized instruction allows you to learn and experience the sport in a friendly atmosphere, plus meet people with similar skills and interests, thus expanding your network of paddling friends.

Each year the Lower Columbia Canoe Club offers various free classes and paddling workshops to our members. Classes are generally held in the Portland vicinity unless otherwise noted.

Classes may be canceled for insufficient enrollment. Participants will be notified prior to the class of any class cancellation and receive full refunds.

REGISTRATION:

Advance registration is required. Sessions can fill up quickly and space may be limited so registration is on a first-come, first-served basis. Each class will be held, as scheduled, unless conditions require an instructor to reschedule the class.

If you are taking a tandem class, you are responsible for finding a tandem partner. When you register, please indicate who your tandem partner will be.

WAIVER:

Paddling poses inherent risk of bodily injury, damage to equipment, and loss of equipment. Participants must assume all risks as a condition of participation, and are required to have a current LCCC waiver on file and sign an ACA liability waiver prior to class participation. If you are

not a current ACA member, you will have to pay \$5 for the ACA's liability coverage. All participants must be at least 18.

BOATS:

Participants are responsible for bringing their own boats, paddles and other equipment. All boats must have adequate bow and stern lines. The type of boat needed will be dependent on the class selected. See more information below for specific categories and talk to the clinic organizer if you have any questions about the appropriateness of the boat you would like to use.

In some cases, the LCCC can supply canoes for a class. Contact your instructor if you need to borrow a boat.

GENERAL EQUIPMENT:

Here is a checklist of things everyone needs to bring:

- Canoe and paddles
- Personal floatation device (PFD) or lifejacket
- At least one change of clothes (NOT COTTON) in a waterproof bag (paddling stores and REI sell "dry bags" for this specific purpose). More is better when it comes to spare clothes. These are for you to change into in case you flip or get cold.
- *Certain classes may require a drysuit or wetsuit, in which case a change of clothes may not be necessary to carry in the boat.*
- Bottle of water/juice or sports drink (ability to tie or clip into boat)
- Lunch in waterproof bag with tie
- Sunscreen
- Eyeglass retainer strap if needed
- Shoes that can get wet
- Towel and dry clothes, socks and shoes to change into at the end of the day

PLEASE BE AWARE THAT LIFE JACKETS (PFDs) ARE REQUIRED TO BE WORN AT ALL TIMES WHILE ON OR NEAR THE WATER

SPECIFIC EQUIPMENT/CLOTHING FOR FLATWATER/MOVING WATER SKILL BUILDERS:

Recreational or touring canoes, typically in the 15-18 foot range, are suitable for these classes. Canoes can be made of ABS, Royalex, polypropylene, fiberglass or Kevlar. Please be aware that fiberglass and Kevlar canoes are more susceptible to scratches and damage from rocks especially during the moving water phase of the class. Any such damage is solely the responsibility of the participant. A few examples of models that are maneuverable and handle

well in flat and moving water are the Old Town Appalachian or Tripper, the Wenonah Rogue, The Dagger Legend (now made by Mad River) and the Mad River Explorer.

It is not unusual for participants to capsize in the course of practicing even on flat water. **YOU MUST BE PREPARED TO GET WET!** The water in Oregon is cold, even in the summer, and you will be outdoors all day each day. So, bring a full change of clothes in a waterproof bag that you can tie to the boat. **Cotton clothing is unacceptable!** Polypropylene, polyester or woolen clothing are recommended, as are warm woolen or pile socks and secure, lightweight, footwear such as tennis shoes or wet suit booties. You may also want to bring a rain suit for inclement weather as well as a warm hat, sun hat or visor depending on the weather. Rain gear is also useful to protect you from the wind. Thrift shops are excellent sources for inexpensive, usable woolen clothing and vinyl or plastic rain gear.

It is perfectly acceptable for people taking the flatwater/moving water classes to sit while paddling although you may find this to be a less stable position during some maneuvers. Participants who plan to kneel in canoes should have either wearable kneepads or kneepads installed in the canoe.

SPECIFIC EQUIPMENT/CLOTHING FOR WHITEWATER SKILL BUILDERS:

ABS (Royalex or T-Formex) whitewater canoes outfitted with thigh straps and knee pads for kneeling are required and flotation (securely tied-in air bags) is required. Tandem examples include the Dagger Dimension, Mohawk XL-15 or XL-14, Probe 14, Dagger or Mad River Caption or Esquif Blast. Solo examples include the Ocoee, Mad River Outrage and Outrage X, Esquif Nitro, Detonator and Zoom.

Canoes made of polyethylene plastic are currently taking over the market. These include, among others, the Esquif L'Edge and Prelude, the Blackfly Option and Octane, and the Silverbirch Covert.

In comparison to other canoes, whitewater canoes have more rocker (curve on the bottom from end to end) and are generally shorter and much more maneuverable.

Wetsuits or drysuits are highly recommended for all Whitewater Classes and may be rented at local water sport and dive shops. Drysuits turn paddling into a year-round sport in the Northwest. Warm woolen or pile socks and secure, lightweight footwear such as tennis shoes or wet suit booties is also recommended. On especially cold days you may also consider bringing neoprene gloves or poogies.

Please expect to swim during the whitewater courses as you will be practicing maneuvers that will be unfamiliar and will cause you to be in unstable positions.

Helmets and PFDs (life jackets) are required and will be worn at all times that you are on or near the water.

PREPARATION:

The [LCCC club library](#) contains a wealth of books and videos on paddling and whitewater. These are available for loan for three weeks at a time. The library is located at the club president's house in Hillsdale near Wilson High. You will also find some materials at your public library or stores like Alder Creek, Next Adventure, and REI. Reading instructional books and viewing videos can increase your progression through the skills being taught.

For more information on anything about the LCCC's skill builders, contact the clinic organizer at instruction@l-ccc.org.

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