

LOWER COLUMBIA CANOE CLUB

Student Information

The Lower Columbia Canoe Club (LCCC) is a nonprofit organization dedicated to promoting enjoyable and safe canoeing. The LCCC organizes instructional programs yearly as well as day trips nearly every weekend ranging from lake paddling to advanced whitewater. Longer paddling trips, campouts and barbecues are only some of the highlights. The club has monthly potluck 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.

ABOUT THE CLASSES:

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 weekend canoe classes to the local community and our members. Classes run from 9 a.m. to 4 p.m. each day and are generally held in the Portland vicinity unless otherwise noted.

For detailed information about specific classes go to <http://www.l-ccc.org/classes.php>. Classes may be canceled for insufficient enrollment. Students will be notified prior to the class of any class cancellation and receive full refunds.

REGISTRATION:

Advance registration and payment is required. Classes can fill up quickly and space may be limited so registration is on a first-come, first-served basis. All registration forms, signed waivers, and full payment (see website must be received at least 7 days in advance of each class. Registration fees are fully refundable up to that time. There is a \$10 late registration fee for registration after that time if space and instructors are still available. However, it really helps us to know in advance that you're coming so we can be sure to have enough instructors and assistants on hand and can properly plan the course. We hope that once you register that you will remain committed to attending the classes. However, if a medical emergency arises during the last week, please contact us as soon as possible and we can discuss possible partial reimbursement. No shows at the class are frowned upon and no reimbursement will be possible. About a week prior to the course you will receive more detailed information about the exact meeting place and time.

Each class will be held, as scheduled, come rain or shine. The second day of each class builds on the skills acquired on the first day. Therefore, no registration will be accepted for only the second day. Please indicate if you are arriving with a participant in another class because all classes may not be at the same location and we will have to work out special logistical arrangements. 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. Students must assume all risks as a condition of participation, and are required to sign both LCCC and ACA liability waivers prior to class participation. All participants must be at least 18 unless they are paddling tandem with their parent and then the minimum age is 10. Clinic organizer approval is required to register anyone under the age of 18.

BOATS:

Students 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.

Equipment may be rented from several local outfitters. Examples are: Sportcraft Marina (503) 656-6484, River Trails (503) 667-1964, Alder Creek Kayak and Canoe in Portland (503) 285-0464, Alder Creek Kayak and Canoe in Bend (541) 317-9407, and Portland Kayak Company (503) 459-4050. Canoes appropriate for whitewater are difficult to rent. However canoes and other equipment may be available through the club by prior arrangement.

GENERAL EQUIPMENT:

Here is a checklist of things everyone needs to bring:

- Canoe (IK if taking IK class) 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.
- 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
- Enclosed 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 CLASSES:

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 student. A few examples of models that are maneuverable and handle well in flat and moving water are the Old Town Appalachian or Tripper, Wenonah Rogue, Dagger Legend (now made by Mad River) and Mad River Explorer.

It is not unusual for students to capsize in the course of practicing even on flat water. BE PREPARED TO GET WET! The water in Oregon is cold, even in the summer, and you will be outdoors all day each day. Bring a full change of clothes in a waterproof bag that you can secure 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 weather. Rain gear is also useful for wind protection. Thrift shops are excellent sources for inexpensive, usable woolen clothing and vinyl or plastic rain gear.

It is perfectly acceptable in flatwater/moving water classes to sit while paddling, although you may find this a less stable position during some maneuvers. Students planning to kneel in canoes should have either wearable kneepads or kneepads installed in the canoe.

SPECIFIC EQUIPMENT/CLOTHING FOR WHITEWATER CLASSES:

ABS (Royalex) whitewater canoes outfitted with thigh straps, knee pads and flotation (securely tied-in air bags) are required. A few examples of models include the Dagger Dimension, Mohawk XL-15 or XL-14, Probe 14, Dagger or Mad River Caption or Esquif Blast for tandem instruction. Solo models include the Dagger or Bell Ocoee, Esquif Nitro or Detonator, Mad River Outrage or Outrage X, just to name a few. Whitewater boats have more rocker (curve on the bottom from end to end) than recreational boats 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 also required and will be worn at all times that you are on or near the water. Ask for a loaner ahead of time if you do not have one.

PREPARATION:

You may wish to visit your public library or the outdoor outfitters listed above for information about canoeing and water safety or contact the American Canoe Association for their book and video recommendations (703) 451-0141 E-mail: aca@acanet.org Internet: www.acanet.org. Selected reading prior to the clinic is likely to increase your progression through the skills being taught. An excellent book for canoe instruction is: Basic Canoeing, editor Jon Rounds

For more information contact our clinic organizer at instruction@l-ccc.org.