

# LOWER COLUMBIA CANOE CLUB

## INSTRUCTIONAL PROGRAMS

**Flat/Moving Water Canoe Classes, Level I & II**  
**Whitewater Canoe Classes, Level I & II**  
**Whitewater Canoe for Whitewater Kayakers**

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 the most challenging of 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:**

Each year the Lower Columbia Canoe Club offers the following weekend canoe classes to the local community and our members.

### **FLAT/MOVING WATER CLASSES, LEVEL I & II—9 a.m. to 4 p.m. each day**

In the basic class, day 1 is spent on a lake learning efficient, graceful strokes plus making the boat track straight and making it turn crisply when you want it to. We'll have slalom courses set up with buoys. Day 2 is on an easy section of river, probably a Class 1 or 1+ section of the Sandy, learning to read current, avoid rocks and sweepers, perform eddy turns and ferry from one side of the river to another without losing ground. Students can be in tandem or solo boats. Tandem teams will also learn to paddle in sync, both physically and in their communication skills. The advanced class is for those who've taken the clinic before or have similar experience, and who want to fine-tune their skills and learn more advanced techniques. Their curriculum will be adapted to what they want to work on. **Prerequisite for all: ability to swim.**

### **WHITEWATER CANOE CLASSES, LEVEL I & II—9 a.m. to 4 p.m. each day**

In the level I class, day 1 will be on an easy stretch of river getting critiques on the effectiveness of your strokes (and you will need effective strokes in whitewater) and practicing more advanced eddy turns, peel outs and ferries in swifter current. We'll introduce bracing and surfing. The location for day 2 depends on your skills and sense of adventure, but may be a class 2 section of the North Santiam or Clackamas, where you can practice your skills and ability to read water features. The more advanced class is for those with previous clinic experience or the equivalent, and will be tailored to students' wishes. All classes are available solo or tandem. Prerequisite for the level I Whitewater Class is the Flat/Moving Water clinic or permission of the clinic organizer (who will be relatively strict on this—you really need good strokes and boat control before you take this class).

## **WHITEWATER CANOE FOR WW KAYAKERS, 9 a.m. to 4 p.m each day**

This is a class for people who, through their experience in whitewater kayaking, already know how to read whitewater, catch eddies, ferry, and do other whitewater maneuvers. We will help you take these skills and apply them to whitewater canoeing and the use of a single-bladed paddle. Your instructor will be someone skilled in both whitewater kayaking and canoeing. Your first day will be spent getting oriented in the canoe and learning basic canoe strokes that you'll be able to relate to from kayaking. Your second day will be spent using these strokes to run rapids, catch eddies, ferry and surf on Class II to III water based on the skills of the class. This class is generally taken in solo canoes.

### **COST FOR ALL CLASSES:**

- Two days of instruction per class for just \$75 per person (subtract \$20 if you are an LCCC member, subtract another \$5 if you're an ACA member). Note: Full-price fee (\$75) includes one-year LCCC membership.
- Registration and payment must be received at least 14 days in advance of each class to ensure enrollment. There is a \$10 Late Registration Fee for registration after this time.

### **REGISTRATION:**

**Advance registration and payment is required.** Classes fill up quickly and space may be limited. First come, first served. Registration and payment must be received at least 10 days in advance of each class to ensure your enrollment at which time you will receive more detailed information and directions as to meeting place and time. Please note the \$10 Late Registration Fee.....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.

Cancellations will be refunded if the LCCC is notified five days before the class. 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 the second day only.

Please indicate if you are arriving with another participant. Please note: Your instructor may match students with different partners and could switch paddling assignments during the class in order to maximize your learning experience.

### **EQUIPMENT:**

Students are responsible for bringing their own equipment (i.e., canoe, paddle, and life jacket). Some canoes (such as wooden or fiberglass) may not be suitable for the Whitewater Canoe Classes.

For the Whitewater Canoe Classes, canoes outfitted with thigh straps are encouraged and extra flotation, such as securely tied-in air (floatation) bags, is required. Canoes appropriate for whitewater are difficult to rent in the Portland area. Canoes and other equipment may be available from the club by prior arrangement.

Equipment may also be rented from several local outfitters. Examples are: Sportcraft Marina (503) 656-6484, River Trails (503) 667-1964, Alder Creek Kayak & Supply (503) 285-0464, Alder Creek Kayak and Canoe (Bend, OR, especially for whitewater canoes) (541) 317-9407, and Portland Kayak Company (503) 459-4050.

The LCCC will subsidize canoe rentals for students during the class and on subsequent club trips. Solo students or tandem teams can qualify for a \$20 subsidy per class day for up to 5 days. The club has a limited amount of funds for these subsidies and it's first come, first serve.

**NOTE: LIFE JACKETS (PFDs) ARE REQUIRED TO BE WORN AT ALL TIMES WHILE ON OR NEAR THE WATER**

**CLOTHING:**

It is not unusual for students to capsize in the course of practice. **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.

Cotton clothing is unacceptable! Polypropylene, polyester or woolen underwear and clothing are recommended, as are warm woolen or pile socks and secure, lightweight, footwear such as tennis shoes or wet suit booties.

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.

Students should be prepared to kneel in canoes, if physically able, and have either wearable kneepads or kneepads installed in the canoe. Students should, also, be prepared to paddle both bow and stern, and with different partners.

Wetsuits or drysuits are highly recommended for the Whitewater Canoe Classes and may be rented at local water sport and dive shops. Drysuits turn paddling into a year-round sport in the Northwest.

Here is a checklist of things you should consider bringing:

- 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 canoeists and rafters. More is better when it comes to spare clothes. These are for you to change into in case you flip.
- Filled water bottle (non-alcoholic beverages only!)
- Knee pads
- Lunch
- Rain/wind suit
- Warm hat, sun hat or visor, sunglasses
- Sunscreen
- Eyeglass retainer strap if needed

- Wetsuit or drysuit (optional for flatwater, highly recommended for whitewater)
- Whitewater helmet (whitewater students). Ask for a “loaner” if you don’t have one.
- Dry clothes, socks and shoes to change into at the end of the day

**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 (703) 451-0141 / E-mail: [aca@acanet.org](mailto:aca@acanet.org)/Internet: [www.acanet.org](http://www.acanet.org) for their book and video recommendations. Selected reading prior to the clinic is likely to increase your progression through the skills being taught.

**WAIVER:**

Canoeing 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.

**For more information contact:**

Contact [instruction@l-ccc.org](mailto:instruction@l-ccc.org).