



Kansas Canoe Association Kayak Chapter

Advanced Touring Kayak Self-Rescue Workshops

Sunday, February 22nd or February 29th - 8:30-11:30 am

ADVANCED SELF-RESCUE FOR TOURING KAYAKERS WORKSHOPS (\$28/person/session) -

Two repeat structured classes & hands-on instruction with mandatory pre-enrollment. Maximum: 12 participants/session / For: Adult and Teens, age 14 (minimum) with your own touring kayak and at least 1 year of kayak experience.

Self-rescue for touring kayakers will introduce several assisted-rescue techniques developed especially for touring kayakers.

These will include:

- ✂ Advanced bracing techniques
- ✂ T- Rescue, Assisted Re-Entry
- ✂ Hand of God Rescue
- ✂ Paddle Float Rescue/Re-entry
- ✂ Boat-Tow Rescue

We will also cover several self-rescue techniques that can be used by touring kayakers with varying skills, abilities and boat types including the:

- ✂ Sweep or Screw Roll
- ✂ C-to-C Roll
- ✂ Extended Paddle Roll
- ✂ Bottom Pry Roll
- ✂ Inflatable Paddle Float Self-Rescue

Bring your own touring kayak, PFD (please

wear during the class), paddle, floatation bags, paddle float, pump, towel, swimsuit, change of clothes and nose clips. Come with your swimsuit and be prepared to get wet! Your boats must be washed and cleaned ahead of class and a swimming test will be given at the start of class. If possible, have your boat properly outfitted with hip, thigh, and back braces.

Instructors and Aides will include:

T.J. Hittle - American Red Cross Instructor-Trainer (539-7772)

Jim Johnson - American Red Cross Kayak Instructor-Trainer

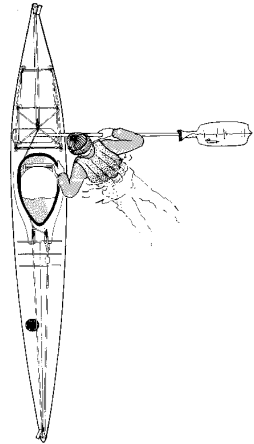
Roger Norton - ARC Instructor-Aide

Chris Collins - ARC Instructor-Aide

Location: KSU Natatorium, Denison Avenue, Manhattan, KS

Enrollment in all of the classes will begin on January 5th, through UFM at (785) 539-8763. Fees cover the use of the KSU Natatorium, two lifeguards,

and class hand outs (Self-Rescue Class only). UFM does not handle on-line enrollment at this time, but you can call. Also note that UFM has a form that is printable and can be mailed or faxed with credit card information in any time to ensure your spot in the class at:
http://www.k-state.edu/ufm/registration_form.htm



KSU Natatorium Directions:

Take Exit 313 off I-70. Travel north on Hwy 177 to Manhattan. Bear right as you cross the Kansas River bridge and exit right onto Ft. Riley Blvd. Continue on Ft. Riley Blvd to 17th Street. Turn north (right) on 17th Street to Anderson Avenue. Turn west on Anderson Avenue to Denison Ave. Turn north (right) on Denison for 1 1/2 blocks. Unload boats in the KSU Natatorium Emergency Entry (alley). Park in the west stadium parking lot, west of the KSU Natatorium.

