

2. Identify situations that are considered river hazards, and explain and demonstrate appropriate safety skills and responses to deal with said situations.
3. Demonstrate proper paddling techniques to maintain control of a canoe and execute appropriate maneuvers, including ferries, eddy turns, peel outs, side-slips, and to negotiate river obstacles.
4. Develop the level of physical fitness, mental focus, and team skills necessary to run a Class II river with a partner in a tandem canoe.

REQUIRED READINGS

Articles and handouts provided by the instructor.

EVALUATION

Skill competency acquisition: Evaluated at each class session. (30% of overall grade or 10% for each activity day).

Final Exam: Practical evaluation on paddle strokes and maneuvers in moving water through Class II whitewater. Students will demonstrate each skill with their canoe partner. The skill areas are:

Paddle Strokes – (25% of overall grade) Forward Stroke, Draw, Cross Draw, Duffek, Stern Pry, Low Brace, and linking these strokes with the forward stroke and each other..

Maneuvers – (25 % of overall grade) Upstream Ferry, On and Off Side Eddy Turn, Controlled Spin, On and Off Side turns while underway, Side Slip, Peel-Out, and Upstream Attainment through moving water.

River Rescue/Safety Skills – (20% of overall grade) Student will demonstrate individually or in small groups the use of throw bags; wading rescue (individual & group); boat-over-boat rescue; boat extraction by physical manipulation and with rope systems; and defensive and aggressive self-rescue swimming.

Grading Scale

A=100 - 91

B= 90 - 82

C= 81 - 73

D= 72 - 64

F 63 and below

TENTATIVE COURSE SCHEDULE

(This area may be omitted, altered, or some other material may be included instead)

DATE	TOPIC	READINGS/ASSIGNMENT DUE
Classroom	Course overview, expectations, personal equipment, terms, logistics, video/discussion of paddle stroke dynamics and swiftwater maneuvers.	None
Day 1	River safety issues/orientation. Review and practice forward, turning and	Handouts/articles as assigned

DATE		TOPIC	READINGS/ASSIGNMENT DUE
		bracing strokes; paddling “in the box”; body rotation. Practice strokes in moving water: Bow draw, stern draw and pry, cross draw, Duffek, slice, high and low brace, and linked strokes. Practice maneuvers in Class I & II rapids: Upstream ferry, eddy turn, peel- out, pivoting/turning in current, on and off-side carving	
Day II		Continue paddle stroke and maneuver practice Discussion of river currents, reading rivers, perform upstream attainments. Practice drills	Assigned articles and handouts
Day III		River rescue/safety clinic: rescue ropes and throw bags, self-rescue swimming, wading rescues, boat assisted rescues, boat extraction, managing river rescue and rescue limitations. Final Exam	

Note: Faculty reserves the right to alter the schedule as necessary.



- ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor
- ❖ Students with disabilities who seek accommodations in a course must be registered with the Disability Resource Center (DRC) and inform the instructor, in writing, at the beginning of the semester [See www.gmu.edu/student/drc]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>