

COURSE SYLLABUS

RHF 123: INTRODUCTION TO SEA KAYAKING

INSTRUCTORS:

Robert Myron Jr., Master Maine Guide, ACA Coastal Kayak Instructor Trainer Educator
Barbara Lelli, Registered Maine Sea Kayak Guide, ACA Open Water Instructor

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MEETING DATES, TIMES AND PLACES

Before class meets:

Get the required textbook (see below) and do the homework assignment.

Both Sections:

Friday, September 18, 2009 Masterton Hall, G 8 10:00 a.m. to 4:00 p.m.
Classroom day. Turn in your homework. Be prepared for a short lunch break.

Section P 2370 Only:

Saturday, September 19, 2009 Hen Cove 7:30 a.m. to 5:30 p.m.
On water day. Please bring everything on the Bring List.

Section P 1809 Only:

Sunday, September 20, 2009 Hen Cove 7:30 a.m. to 5:30 p.m.
On water day. Please bring everything on the Bring List.

Inclement Weather Day – Mandatory for Both Sections:

Friday, September 25, 2009 Hen Cove 7:30 a.m. to 5:30 p.m.

Rain, by itself, is not considered inclement weather. If for any reason all or part of your on-water day (Saturday or Sunday) is cancelled, you must attend Friday, September 25th. Failure to attend will result in failure of the course. No make ups can be given.

COURSE CATALOG DESCRIPTION

This course is designed to provide education and skill development in sea kayaking. Because skill and fitness development is an objective of the course, students must attend and participate in class activities in order to pass. The Department reserves the right to request written medical clearance for participation. Students are required to pay vendor charges for equipment rental and parking.

COURSE OBJECTIVES

Upon successful completion of this course, the student should have acquired knowledge in:

1. The ability to identify basic sea kayak nomenclature
2. An understanding of the tools needed to pursue sea kayaking in a safe, responsible, and enjoyable manner.
3. A variety of sea kayaking skills including, basic strokes and rescues.
4. An understanding of how we impact the environment while sea kayaking and how we can minimize that impact.
5. A general understanding of basic sea kayak navigation skills.

COURSE FORMAT

The material in this course will be covered via reading, homework, lecture, class discussion and field experience.

REQUIRED TEXT

The Complete Sea Kayaker's Handbook, by Shelley Johnson.

COURSE GRADING

This is a pass/fail course. A passing grade will be awarded for completion of all work for the course (class participation, homework, and quizzes) at a passing level.

- A. Class Participation. **Class participation and attendance is mandatory. Missing any class or part of a class will result in failure of the course. No make-ups can be given.** Full value will be granted to those who show effort to learn and improve their skills, participate fully in each class and attend each class in its entirety. Class participation is valued at **70%** of the grade.
- B. Homework: Read the textbook and complete the homework assignment before class meets on **Friday, September 18**. Homework is valued at **10%** of the grade.
- C. Quizzes: There will be quizzes given on the classroom day (**September 18, 2009**) and on the on-water day (**September 19 or 20**). Each quiz will be valued at **10%** of the grade.

FIELD EXERCISES

To maximize the learning experience for the entire class, all students need to come to the classroom session prepared to spend one or two hours outdoors, and to the on-water day prepared to spend the whole class outdoors. Please see the attached "Bring List" for items that will be needed for the outdoor sessions. Students will participate in a field exercise on **9/19/09** or **9/20/09**.

The cost of renting equipment will be **\$45** per person. The payment will be given directly to the company by each student on the day of the event.

Students provide their own transportation to the activity site. We encourage car-pooling to reduce greenhouse gases and to save parking fees. The cost to park at Bethel Boat Yard is \$8 per car, to be paid directly to the company on that day.

DIRECTIONS FROM PORTLAND TO BETHEL POINT BOAT YARD (HEN COVE) 207-725-8145

Take Route 295 North to Rt. 1 through Brunswick to “Cooks Corner.” Take route 24 towards Orrs Island. Go about 3.4 miles and you will see Eldrides store (Big Pepsi sign) on your left. Continue another .9 miles (after passing the store) then turn left onto Cundy’s Harbor Road. Go 3.2 miles and turn right onto Bethel Point Road. Go 1.5 miles to the Bethel Point Boat Yard. The boat yard will be on your right. Travel time is about one hour from Portland.

COURSE RULES AND POLICIES

1. Attendance: **Attendance is mandatory for this course. Missing any part of the class meetings will result in failure of the course. No make ups can be given.** Please review your schedule carefully and make appropriate arrangements for your full attendance. This class will have an inclement weather date. It is imperative that you keep this date blocked for class purpose on your schedule. Please get in touch if you have questions about this.
2. Inclement Weather Date: If weather indicates that we need to go with **September 25th** as our on water day, a notice will be posted on the following voice mail system, 780-4630 dial 0 for outdoor programs recording. **Rain, by itself, is not considered inclement weather.**
3. ****Notification of Drop**** Due to the nature of this course, a waiting list will be kept. If you need to drop this course, please notify Bob Myron immediately at (207) 720-0257 or at bobmyron@securespeed.com so that others may have an opportunity to add. Thank you for your understanding.

STUDENT SUPPORT

If you need course adaptations or accommodations because of a disability, please make an appointment with me as soon as possible or contact the Office of Academic Support for Students with Disabilities, 237 Luther Bonney (780-4706). If you need help with study skills etc., contact the Academic Support Center, 242 Luther Bonney (780-4470).

Notice of Risk: Because there are always risks when one participates in physical activity, participation in the activities incorporated in this course could cause participants to suffer minor injury or serious bodily harm. Any student who enrolls in this course voluntarily chooses to do so at his or her own risk. A student should only participate if s/he is physically and mentally able to do so. If a student has questions about the course content, risk or hazards, s/he should discuss concerns with the course instructor. The Recreation and Leisure Studies Department reserves the right to request written medical clearance for entrance into and participation in courses, which require high intensity or physically challenging exercise.

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