

ADIRONDACK COMMUNITY COLLEGE
ADVENTURE SPORTS:
LEADERSHIP AND MANAGEMENT

COURSE: PED 139 Whitewater I

COURSE DESCRIPTION:

An introduction to the knowledge and skills of whitewater paddles sports including rafting and kayaking. This course will include: rafting history of the Adirondacks; environmental characteristics; and evolution of whitewater equipment design. Students are introduced to the foundations of whitewater paddle sports leadership, with emphasis on whitewater safety and rescue, skill acquisition and application, whitewater hydrology, navigation and terminology, awareness of the river environment and equipment use and design. This course begins with rafting on class I to class II whitewater and progresses to class I to class III whitewater, the fundamentals of using inflatable kayaks, and culminates with a seventeen mile raft trip through the Upper Hudson River gorge.

PREREQUISITE: None

CREDIT HOURS: Lecture: 1 hr. Lab: 1 hr. Credit: 1 hr.

COURSE OBJECTIVE: Students will:

1. experience beginning rafting techniques in Class I – III whitewater
2. develop a basic understanding of whitewater safety skills
3. perform basic whitewater paddling techniques and safety skills
4. begin to interpret the aquatic environment and apply environmental ethics
5. demonstrate the use of personal and rafting equipment
6. develop a basic understanding of thermoregulation, physiology, and nutrition in the aquatic environment

COURSE TEXTS:

Course Packet

COURSE CONTENT:

- I. Introduction
 - A. Safety discussion
 - B. River environment characteristics
 - C. Evolution of Boat and paddle design
- II. Equipment
 - A. Personal Equipment
 - B. Group Equipment
 - C. Personal Flotation Devices
 - D. Rafts, Kayaks, Paddles
 - E. Thermoregulation, physiology, and nutrition in the aquatic environment
- III. Safety Considerations
 - A. Swimming Assessment with PFD
 - B. Staying in the raft
 - C. Getting in the raft
 - D. Whitewater swim position
 - E. Throwbags

- IV. The River Environment
 - A. Basic River hydrology, topography and characteristics
 - B. Beginning river reading
- V. Strokes
 - A. Paddle Grip
 - B. Forward and Reverse Strokes
 - C. Paddle Commands
- VI. Inflatable Kayaks
 - A. Design
 - B. Strokes
 - C. Strategies
- VII. Review, Reflection, and Assessment
 - A. Paddling progression
 - B. Safety Considerations
 - C. River Environment

ADDITIONAL RESOURCES:

Jenkins, Jerry and Keal, Andy. The Adirondack Atlas: A Geographic Portrait of the Adirondack Park. Syracuse, NY: Syracuse University Press, 2004.

McGivney, Annette. Leave No Trace: A Practical Guide to the New Wilderness Ethic. Seattle: Mountaineer Books, 1998.

Bennett, Jeff. The Complete Whitewater Rafter. Camden, ME: Ragged Mountain Press, 1996.

Walbridge, C. and Sundmacher, W.A. Whitewater Rescue Manual. Camden, ME: Ragged Mountain Press, 1995.

Schneider, Paul. The Adirondacks: A History of America's First Wilderness. New York: Henry Holt and Company, LLC, 1998.

Terrie, Philip G. Contested Terrain: A New History of Nature and People in the Adirondacks. Syracuse, NY: Syracuse University Press, 1997.

McGinnis, William. The Guide's Guide Augmented: Reflections on Guiding Professional River Trips. El Sobrante, CA: Whitewater Voyages., 2005.

ADDITIONAL INFORMATION:

With or without reasonable accommodation, all students must be able to:

- Navigate difficult and varying terrain in the mountain, aquatic, challenge course, and alpine environments.
- Lift and carry heavy loads that often exceed 50lbs. over difficult and strenuous terrain.
- Walk, paddle, climb, and hike long distances carrying substantial weight.
- Assist in rescue efforts which may include lifting, climbing and carrying substantial weight over difficult and varying terrain.

Under Section 504 of the Rehabilitation Act of 1973, a post-secondary student with a disability who is in need of academic accommodations or auxiliary aids is required to

notify the College of the nature of the disability and to provide appropriate documentation which supports the request for reasonable accommodations or auxiliary aids.

Individuals who would like to self-identify with a disability (and have not already) or think they may have a disability and want to request accommodations should contact the Office of Accessibility Services directly in Warren Hall, or call 743-2282 / (TTY) 743-2323 for an appointment.