College of Charleston

PEAC 120: Coastal Kayaking

Fall 2014

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Class locations:

Sea Kayak Carolina, 793 Folly Rd, Charleston, Charleston (James Island )

Other meeting places announced in advance of class and posted on OAKS.

Welcome to Coastal Kayaking class at the College of Charleston. We are fortunate to have partnered with Sea Kayak Carolina in Charleston, which will allow us to provide you with both high-quality instruction and equipment for this class. You are fortunate to have Don White from Sea Kayak Carolina as your co-instructor as he is an accomplished paddler and instructor.

This class that will teach kayak technique, safety, equipment, weather, tides, navigation and provide a wide range of other information that will significantly elevate your paddling skills. You are not required to become a certified sea kayak guide or Trip Leader as a result of this course, but skills, experience and knowledge that you gain will put you in a position to attempt an American Canoe Association Trip Leader Certification should you so desire.

We have the opportunity to teach you how to safely explore and enjoy our waterways, to teach you an ancient mode of transportation that translates very well into the modern world and can carry you as far as your quality strokes and imagination want to go. That being said, another thing that will make this class unique, interesting and exciting is you! We will watch you grow from novice paddlers into confident, safety conscious, skilled kayakers…and hopefully you will continue to develop your skills so you can teach them to others.

Important: Your attendance is very important, but this is not merely an activity course. You will be tested on kayaking knowledge (understanding of safety, strokes and maneuvers, equipment, accessories, tides, navigation, weather, rescues, etc.) and kayaking skills (forward/reverse stroke, forward/reverse sweep, stern/bow rudder, a series
of draw strokes, self-and assisted rescues, your ability to control your kayak, and a wide range of other skills).

There will be both classroom and on-water sessions, written quizzes and exams, skills tests, and problem solving assignments.

SAFETY

Safety is a top priority in this class. It starts with our providing you with a basic understanding of launching and landing techniques, rules of the “road”

There are three, simple, immutable (non-negotiable) class rules:

1. Stay with the pod (group).
   a. If you can’t see Ashley or Don while on the water, you are grossly out of position
      i. safely get back in position as soon as possible.
      ii. If you are unable to do so within a short time signal the pod with your whistle
      iii. If the whistle doesn’t work stay in the position you were when you last saw the pod. We will come back to find you.

2. Wear your PFD when launching, at all times while on the water, and when landing your kayak.
   a. The PFD should be properly fitted and tightened and the bottom buckle must be fastened.

3. Keep your instructors informed...
   a. About any injury, issue, apprehension (e.g., fear of capsize), perceived distress of a classmate, or any other issue as soon as you become aware of it.

Failure to abide by these three rules could result in dismissal from the class.

Other safety rules

1. Stay clear of piers, pilings, posts, and shorelines that show evidence of oyster beds.
   a. Oyster shell cuts/injuries can cause severe infections
2. Bring a water bottle or hydration system and drink frequently while on the water.
   a. Hydrate before you get thirsty
3. Wear a hat and use sunscreen each time you paddle.
4. Bring clothing for inclement weather (wet suit, fleece, wind-breaker, waterproof) every time you paddle.
5. Take care of yourself and your classmates
   a. Your safety and the safety of your classmates is our top priority
      i. Let us know if you have a concern or if you notice someone in distress
6. Be a weather watcher
   a. Your instructor’s will be in tune with the daily weather and tides, but it will help to have several pairs of eyes to the sky
7. Use common sense…the rules of the “road” (waterway) dictate that sail powered vessels have the right of way over motor powered vessels and human powered vessels have the right of way over sail and motor powered vessels…but don’t count on it.
   a. Motor/sail boats are bigger, harder, and faster than your boat
      i. Might is right
      ii. See and be seen
      1. Steer a clear course whenever possible.
8. When traveling together on a waterway, we will always assign a lead, flank(s), and a sweep to keep the pod together.
   a. Use these individuals to help you stay with the pod.
9. When crossing a boat channel (e.g., one marked by green “cans”, red “nuns”, or red or green daymarks), allow the entire group to form-up on the edge of the channel to allow for a quick, safe crossing.

Student Responsibilities- Storage, care, and maintenance of your kayak and gear is important, as is your participation in set-up and break-down of equipment required for use to teach the class. Each student will be required to sign-up for three (3) set-up or break-down sessions (arrive 1 hour early or stay 1 hour late, respectively) during the semester. It is preferable that each student do one set-up and one breakdown, but schedule conflicts may dictate that students do three of the same. A sign-up sheet will be distributed on the first day of class.

Carpool if you can: All classes are held off campus. Please find a few friends to carpool with.

Course meeting time: Thursday 1-4

Prerequisite: Students should be able to swim, feel comfortable around the water (you will get wet), be able to hold their breath under water, and be willing to adjust and adapt to rough conditions, changes in the weather, and apply the skills and techniques they learn as conditions change.

Course Objectives- The purpose of this course is to provide students with a working knowledge of kayaking strokes and maneuvers, safety, equipment, weather/tides/navigation, rescues, trip planning, and provide several other skills and experiences.

Learning objectives- Students will develop a knowledge of the key elements of and will be able to competently perform, at minimum, the following kayak strokes and maneuvers: forward, reverse, forward sweep, reverse sweep, stop stroke, draw strokes (in water recovery, sculling draw), low brace recovery, low brace-sculling, edging, low-brace turn, and stern and bow rudder strokes. This knowledge and competence will be assessed by two skills tests and written quizzes and exams.

Students will develop a working knowledge of kayak equipment (boat, paddle, pfd, and accessories) such that they will score a passing grade on written quizzes and tests.
Students will learn about kayak safety, wind, weather, tides, navigation, and currents. Their knowledge will be demonstrated by their ability to plan a hypothetical overnight trip and by earning a passing grade on the written quizzes and exam.

Students will learn how to perform self-rescue with float, self-rescue with stirrup, assisted T-rescue, scoop rescue and “hand-of-God” rescue as evidenced by their scoring a passing grade on the skills test.

Students will demonstrate leadership, ability to work in a group, and problem solving as evidenced by their performance in problem-based learning activities.

**Textbook**

Shelley Johnson, Available on Amazon for $12.86. Also available as an e-book with a nook app ($11.60)

Other readings provided, as needed, on OAKS.

**Equipment**

Required:

- Moisture management clothing (polyester, polypropylene, or other clothing that will dry quickly)
- Wet suit shirt and pants when the water temperature cools off.
- Kayak shoes, “water” shoes (strap preferred) or “surfers boots” No bare-feet or tennis shoes.
- Wind-breaker or fleece (should be brought every time regardless of weather forecast)
- Hat (neoprene hat very helpful for days we will be in the water)
- Water (at least one liter)

Optional:

- Sunglasses with a retaining strap
- Snacks

**Evaluation and course Requirements**

- Quiz 1 50 points
- Quiz 2 50 points
- Final Exam 150 points
- Practical Exam I (on-water skills test) 100 points
- Practical Exam II (rescues) 100 points
Practical Exam III (100 points)
Practical Exam IV (100 points)
Problem-based learning 1 (50 points)
Problem-based learning 2 (100 points)

Total 800 points

Attendance- Attendance will be taken daily. Skills and information will be presented in a progression, making your attendance critical for success in this class. **There will be a 50 point deduction for first absence. There will be 150 additional points deducted for a second absence. A third absence results in an F in the course.** Students will be excused for one late arrival. After that a late arrival will be counted as absent. If you find that you will miss more than one class, please make every effort to drop the class.

Quizzes- The quizzes will cover lecture material and information presented on water (e.g., the three critical elements of a stroke). The format will typically be short answer, but may also include multiple choice or short essay. You can purchase wet notes if you want to write down critical information. You can also use the good notes app on an ipad or phone to write down information if you have a waterproof case and “life jacket.”

Final Exam-The final will test your knowledge of lecture material and on water instruction. The format will be similar to the quizzes.

Practical Exams (skills tests): These exams will be a video analysis of strokes and on-water skills. The rubric for the skills is posted on the OAKS web site.

Problem-based learning assignments- The PBL assignments will generally be done in small groups to spread out the workload. The presentation of the assignments will be done as a group (PBL 1) or individually (PBL 2). The instructors will give you a problem to solve, such as “key elements to consider when buying a kayak” (just as an example). You will research the topic and present it to the instructors/class as a group (PBL 1) or in written form (PBL 2). Instructions and a rubric are provided on OAKS. Written assignments should be posted as a pdf in the OAKS drop box before midnight on the due date. Late work will be penalized one letter grade per 48 hours.

Grading Scale:

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<th>Percentage</th>
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<td>93+</td>
<td>A</td>
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<tr>
<td>90-92</td>
<td>A-</td>
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<td>87-89</td>
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Make up policy-Quizzes cannot be made up for any reason. If you are late for class, you will not receive extra time for the quiz. Exams- A make-up exam will be allowed for students with university-approved excuses, but make-up exams will be more difficult than the regular exam. If you miss a class you are responsible for getting the material from another student. The instructor will not provide handouts or lecture information for those who are absent.

Policies

College of Charleston Student Handbook: This is a guide to your responsibilities and rights as a student. If you are not familiar with this document, please take the time to review the information contained within the handbook. www.cofc.edu/studentaffairs/general_info/studenthandbook.html.

Academic Honesty- Please refer to the current College of Charleston Student Handbook for the definition of academic dishonesty and the subsequent penalties. Faculty members are required to report violations of the Honor Code to the Office of Student Affairs. If you are found guilty of an honor code violation your grade in the class will be XF and will be so indicated on your transcript. Students at College of Charleston are expected to be at all times in compliance with the Honor Code. Scholastic dishonesty will not be tolerated in this course. Examples of cheating include giving or receiving aid during examinations, using any type of crib sheet, copying from or looking to another exam, or submitting another’s work as your own.

Classroom/Field Behavior- Students at the College of Charleston are expected to be at all times in compliance with the Honor Code. Failure to abide with this code will not be tolerated in this course. Examples of inappropriate classroom/field behavior include behaviors that disrupt instruction by the professor and/or learning of classmates and behaviors that threaten, harass, or discriminate against others. Students who engage in inappropriate classroom/field behavior will be asked to leave, will receive no credit for attendance and activities for that day, and must meet with the instructor prior to returning to the next class meeting. Severe cases of inappropriate behavior will be referred to the office of the Dean of Students for appropriate disciplinary action.

Electronic Device Policy- Please turn off all electronic devices during lecture portion of class. No phones/electronic devices allowed during written exams. If you bring your phone or electronic device on the water, it must have a waterproof case. You are responsible for damage incurred to any electronic device and it is your responsibility to protect said device. No texting or talking on phone while on water, but the instructors may allow you to use phones for photographs, to find reference material, or as a navigation aid.
Disability- In compliance with the Americans with Disabilities Act (ADA), all qualified students enrolled in this course are entitled to “reasonable accommodations.” Please notify the instructor during the first week of class of any accommodations needed for the course.

Tentative Class Schedule

Due to circumstances that may arise during the semester, this schedule is subject to change at the discretion of the instructors. Prepare (dress) for inclement weather. We will be on the water under most conditions provide there is not a safety issue (lightning, high-winds, waves)

In the event of dangerous weather or predicted weather unsuitable for your current skill level, we may shift the class meeting place. This will be done at least two hours before class meets. Please check your phone/e-mail and OAKS news page before leaving for class. We will take advantage of good weather days and do more on water work. In inclement weather, we will do more classroom work.
Print out and submit to instructor on second day of class, at the latest.

PEAC 120 Coastal Kayaking

I __________________________________________ have had the main points of the course syllabus described by the instructors and have read the course syllabus. I understand the safety rules, including those for which a breach may result in a dismissal from class. I also understand the grading, assessment and evaluation, and I fully understand course requirements.

I understand that if I miss one class, it will significantly influence my grade, if I miss two classes I will be in danger of failing, and if I miss three classes, I will fail the class.

I have also read and signed the CofC waiver for activity classes and the Sea Kayak Carolina waiver and release forms. Finally, I understand that I may be asked to sign similar waiver and release forms when we paddle at a private facility (e.g., Trophy Lakes).

__________________________
(date) (student’s signature)

__________________________
(date) (instructor’s signature)