



WHITE WATER KAYAKING COURSE

riveredge ramganga

ABOUT LEARN TO KAYAK (LEVEL 1)

3 day course designed for absolute beginners to get their first real experience with White Water Kayaking. In this six hour program each day, participants are provided a detailed one hour theoretical session on different aspects of River Kayaking before proceeding with practical exercises in the water. Participants are not required to bring their own gear, but will be provided with a helmet, life jacket or PFD, kayak paddle, spray deck and kayak.

REQUIREMENTS AND ELIGIBILITY

- Must be above the age of 12
- Must not suffer from any medical or physical condition that prohibits the participant from partaking in strenuous physical exercise.



COURSE CONTENTS

This is a 3-day intensive course that will be held on a class II river, and on each day you will spend between 6-7 hours on the water.

You will learn all the basic concepts of using a decked kayak, starting from the different environments of use, an outlook to the gear, safety aspects before getting into the water (proper preparation, proper handling of boats, etc). The techniques that you will learn during the 3-day course will be your first steps in the path to become a solid White Water Kayaker. You will be exposed to the main concepts of river rescue, with a special focus to self-rescue. Then you will be taught all the basic paddle strokes that we use to move and control the kayak, and how to use our lower body to control the boat and paddle efficiently. We will then try to perform some more complex actions like paddling on a straight line for a distance, turning at will, stopping, going backwards....

By the end of the course you should feel much more comfortable inside that "plastic shell", inspired to continue to paddle towards new destinations, may them be rivers, ocean coasts, back waters, lakes.

RIVER READING

To be able to "read" the waters in front of us as an essential component for a kayaker. We will start observing the water flows and their dynamics, trying to understand what happens on the surface and under it. We will learn how to identify and name all the different features that we can find in a river environment, and we will start reasoning on how those features will have an impact on our kayak descent. River reading is a learning process that will take a lifetime; in this course we will put down the foundations.



RIVER RESCUE

Kayaking is a relatively safe sport, but while in the river many things can happen, and we need to know what to do. You will learn how to rescue yourself and how to rescue others, according to the most efficient rescue techniques that are preferred in the river. We will teach you how to swim a rapid in the safest way, how to use a throw bag, how to take a boat to the shore, but most of all how to decide what to do in case of an emergency on the river.

PADDLING ON MOVING WATER

After revising our basic skills we will start bringing them into the current, learning the basic moves of river kayaking, like catching an eddy, peeling out, and ferrying. We will work hard to make sure that our paddling strokes are effective when we need them, to move in the river keeping control of our boat, while following a line, avoiding obstacles, stopping at our will. This will keep us busy and will fill us every second with the unique sensation which is to flow down with the river.

ITINERARY (18 - 22 Oct, 2017)

Day 1

Pick up from Kathgodam Station from the overnight Ranikhet Express, drive 100 kms to RiverEdge Ramganga. First lesson.

Days 2, 3, 4

At the rivers learn to kayak

Day 5

Drive back to Kathgodam to take the afternoon train back. Arrive back in Delhi in the night.

Cost:

Rs.21,500/- per person (Kathgodam - Kathgodam). Including tax..