

Training Camp 2015 Skill Categories

	A	B	C	D
You have	<ul style="list-style-type: none"> completed 6 hours (or more) of beginner instruction or FWMW class a basic understanding of the equipment and clothing required for whitewater kayaking access to safe, modern kayak equipment including a full sized kayak (play-boats are unacceptable) experienced at least one day on a river with moving water attempted to roll in a pool or flat water 	<ul style="list-style-type: none"> your own OR access to safe, modern kayak equipment including a full sized kayak (play-boats are undesirable) experienced a minimum of 3 class II river trips a basic understanding of the skills used in boat control and recovery the desire to become more comfortable in class II and II+ water 	<ul style="list-style-type: none"> your own safe, modern kayak equipment including a full sized kayak (play-boats are less desirable) a good understanding of the skills used in boat control and recovery the desire to move into class III water (this season) 	<ul style="list-style-type: none"> your own safe, modern kayak equipment a solid understanding of the skills used in boat control and recovery the desire to move into class IV water (this season)
You have mastered	<ul style="list-style-type: none"> wet exit 	<ul style="list-style-type: none"> t-rescue (aka bow rescue) 	<ul style="list-style-type: none"> roll in flat water forward, sweep & stern draw strokes balance & posture tilting bracing 	<ul style="list-style-type: none"> roll in current C-turns and S-turns eddy turns peel outs ferrys maneuvering in a current
You can usually successfully perform	<ul style="list-style-type: none"> t-rescue (aka bow rescue) forward, sweep & stern draw strokes balance & posture tilting bracing 	<ul style="list-style-type: none"> roll in flat water forward, sweep & stern draw strokes balance & posture tilting bracing 	<ul style="list-style-type: none"> roll in current C-turns and S-turns eddy turns peel outs ferrys maneuvering in a current 	<ul style="list-style-type: none"> attainments surfing
You're ready to work on	<ul style="list-style-type: none"> fine tune the skills listed above building competence and confidence river reading C-turns and S-turns eddy turns peel outs ferrys maneuvering in a current 	<ul style="list-style-type: none"> fine tune the skills listed above building competence and confidence river reading roll in current C-turns and S-turns eddy turns peel outs ferrys maneuvering in a current 	<ul style="list-style-type: none"> fine tune the skills listed above building competence and confidence river reading moving into class III water attainments surfing 	<ul style="list-style-type: none"> fine tune the skills listed above building competence and confidence river reading moving into class IV water advanced strokes harder moves play-boating leadership and / or rescue skills

Gear Note: Participants are required to provide their own modern kayaking equipment including a full sized kayak. Play-boats are not appropriate for learning river skills in most of the classes offered (with the obvious exception of the play-boating classes!), and your instructor reserves the right to refuse service if your gear is not appropriate or safe. Our intent is not to exclude participation but to provide a safe environment that promotes learning for all.