

PADDLE SPORTS AWARENESS 2020

WHY?

BECAUSE, "The combination of the distance, learning how to canoe/steer amidst class 1 rapids, and recover swamped canoes contributed to the amount of time it took to arrive at our destination. Additional time spent practicing strokes and recovering swamped canoes on moving water would have been beneficial prior to the outing." - **Outing report from scout canoe trip**

AND

"For some reason, statistically speaking, people prefer drowning to the multitude of other ways to die while playing in the outdoors" Sgt. Rock

Are you interested in getting your scouts on the water and enjoying the bliss of a day on the lake in canoes? Would you like to get your scouts on a river voyage but don't have the experience? Come and join the High Adventure Team to learn skills and knowledge that will give you confidence and experience to get on the water.

Paddle Sports Awareness (PSA) will give you an introduction to paddling skills, hazard identification, reading water, how to dress for success, camp in the damp and trip planning. On the river, you will start on flat water learning the basics of paddle technique and progress to navigation on moving water and learning how to run beginning level white water, Class 1 & 2.

When/Where:

May 13 (Wed) 6:30pm-9:00pm

Classroom: Hill Training Center, 3924 Norris Ave, Sacramento, CA, 95821

May 16-17(Sat/Sun), Nor Cal Adventure Area, 15356 Oregon Hill Rd, Dobbins, CA, 95935

May 27 (Wed) 6:30 to 8:30pm,

Classroom: Hill Training Center, 3924 Norris Ave, Sacramento, CA, 95821

Cost: \$40

Participants will need to provide their own Type III PFD (lifejacket), whistle, BSA medical form (parts A&B) and proper clothing and camping gear (this will be discussed at the classroom session). Participants will also need to pass the BSA swimmer test. All meals are on your own. Day use fees may apply and will need to be paid by participants (we will discuss in class).

For Information, please contact Scott Rion: keltyno@gmail.com

Course registration is at the Golden Empire Council website

