

MAINE KAYAK

P.O. Box 674 UNITY, Maine 04988

TOLL FREE (866) 624-6352 (USA & CANADA) PH • (207) 948-5194 FAX • (207) 948-5193

Dear Participant,

Thank you for enrolling in our whitewater kayaking course. You will find enclosed in this packet a daily itinerary, equipment list, directions, and medical form.

Please fill out the medical form and mail it to our summer address listed above or fax to the number listed above. It is very important for our course director to review this information before arriving, so please return the medical form back to us as soon as possible.

Please feel free to contact us in the office if you have any questions or concerns prior to our call. Please help us make your kayaking experience easy and fun!

See you on the River!

Alvah Maloney
Program Director

"THE WAY PADDLING SHOULD BE"

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Beginner Whitewater Kayaking Course Outline

Day 1 –

9:00 am – Meet at Maine Kayak's Penobscot Base

Morning – Course outline and introduction

- Introduction to course, kayaking, paddling techniques
- Introduction to whitewater kayak equipment and gear

Mid Morning – Flat water session, Lake Ambejejus

- Safety issues, concerns, techniques
- Introduction to the wet exit
- Flatwater exercises - stroke technique, boat balance and paddling

Noon – Lunch

Early Afternoon – Review and work on individual goals

- Review and refine paddling technique
- Learn self and group water rescue techniques

Mid-Afternoon – Moving water session, Penobscot River

- Moving water exercises – techniques, strokes, balance in current
- 1-2 mile paddle in current
- Debrief of day

Day 2 –

9:00 am – Meet at Maine Kayak's Penobscot Base

Morning – Moving water session – Penobscot River

- River rescue demonstration and practice
- Paddling in current – entering and exiting eddies, ferrying

Noon – Lunch

Early Afternoon – Moving water session, Penobscot River

- River Diagram Session - currents, reading whitewater
- Paddle stroke and boat technique practice and refinement

Mid Afternoon – Review and work on individual goals

- Moving water exercises – techniques, strokes, balance in current
- 1-2 mile paddle in current
- Debrief of day

Day – 3

9:00 am – Meet at Maine Kayak's Penobscot Base

Mid Morning – Whitewater session, Penobscot River

- Work on basic foundation for the Eskimo Roll
- 3 mile paddle of class I-II whitewater

Noon – Lunch

Mid Afternoon – Whitewater session, Penobscot River

- 3 mile paddle of class I-II whitewater
- Debrief of day

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Whitewater Kayaking Equipment List

Here is a list of items you will need to bring with you for your trip:

- Towel and change of clothes
- Bathing suit and shorts
- Hat and sunglasses and safety strap
- Sunscreen
- 2 Water Bottles
- Any personal medication (2 refills)

Optional Items:

- Light synthetic undergarment (polypropylene, bergalene, capilene) top & bottom
- Wetsuit
- Paddling Pants
- Booties/Wet shoes
- Dry top
- Camera/Film

Maine Kayak will provide:

- Transportation to all learning sites
- Top-of-the-line kayaks
- Spray Skirt, Nose Plugs, and Whistle
- Wetsuit Top and Bottom
- Lunch each day of the course
- Paddle, Life Jacket, and Helmet
- Spray Top and Booties

Note: Maine Kayak welcomes and encourages the use of personal kayak and gear provided that it meets with our standards of safety.

Resource List

Below is a list of optional recommended resources in preparation for your kayaking learning experience:

Recommended Reading

- The Essential Whitewater Kayaker: A Complete Course by Jeff Bennett
- Whitewater Kayaking (Canoe and Kayak Techniques No. 3) by David Harrison
- The Bombproof Roll and Beyond by Paul Dutkey
- Whitewater Paddling: Stokes and Concepts (Kayaking with Eric Jackson) by Eric Jackson

Videos

- The Kayak Roll – Produced by Performance Video
- Grace Under Pressure – Produced by Joe Holt Productions
- The Kayaker's Edge – Produced by Performance Video
- Kayak 101 – Produced by Joe Holt Productions

Websites

- www.paddling.net (Kayaking Information)
- www.necky.com (Necky Kayaks)
- www.americanwhitewater.org (American Whitewater)
- www.kayakonline.com (Kayaking Information)
- www.acanet.org (American Canoe Association)
- www.maine kayak.com (Maine Kayak)

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Directions to our Penobscot River Meeting Location

(PLEASE USE THESE DIRECTIONS)

PENOBSCOT RIVER

Follow I-95 North (South-through Houlton) until you reach Medway Exit 244 (formerly Exit 56). Follow Rt. 11-157 through East Millinocket to Millinocket, then follow signs to Baxter State Park (**You will not enter the Park**). Approximately 8 miles out of town you will see the "Big Moose Inn"- "North Woods Trading Post" on your right. A REDUCE SPEED sign precedes the Inn on the right. Once you pull into the Big Moose Inn, you will see our base camp on the left. The Big Moose Inn is our **meeting location** for all Penobscot River Trips. The phone number to the Big Moose Inn is (207) 723-8391. Maine Kayak office is (866) 624-6352.

Thanks again for selecting Maine Kayak for your kayaking vacation. **Please note that the Maine Department of Transportation has changed the exit numbers. New exit numbers are provided in the directions – former exit numbers are provided in parentheses. Looking forward to meeting you at 9:00 a.m. - please arrive on time. See you on the water!**

- If you are staying at the Katahdin Inn, it is located on the left hand side of the road in Millinocket, on Route 157, behind the Rite Aid. It is located approximately 9 miles from the Big Moose Inn (Penobscot River Base) – Toll Free 877-902-4555.

"THE WAY PADDLING SHOULD BE"

Maine Kayak - Participant Information Form

YOUR TRIP DATE: _____

I. Personal and Medical Information - This information is confidential. It will only be used in emergencies.

Name: _____ Age _____ Sex _____ HT _____ WT _____ Foot Size _____ Pant Size _____

Present Address: _____

City: _____ State/Province: _____ Zip/Postal Code: _____

Phone Number (H) _____ (W) _____ Email: _____

In case of emergency please contact:

I. Name: _____ Phone Number: _____ Relationship: _____

II. Name: _____ Phone Number: _____ Relationship: _____

Personal Physician:

Name: _____ Phone Number: _____

Type of Health Insurance:

Company Name: _____ Policy#: _____

Medical History:

Do you have any allergies (e.g. insects, penicillin, aspirin, other medication, foods, etc.)?

YES NO If yes, please describe your allergic reactions(s) and how you treat it/them:

Do you require a special diet? YES NO If yes, please explain: _____

Do you have any sight or hearing problems? YES NO If yes, please describe: _____

Do you have a history of (have you had)?:

Raynaud's Syndrome _____ Asthma: cold induced _____ Frostbite _____ Hypothermia _____

Snowblindness _____ Poor circulation _____ Back problems _____ Diabetes _____

Joint problems _____ Dizziness _____ Low blood pressure _____ High blood pressure _____

Seizures _____ Stomach problems _____ Migraines _____ Eyestrain _____

Light Sensitivity _____ Eating Disorders _____ Toothaches _____ Asthma: exercise induced _____

Bronchitis _____ Arthritis _____ Unconsciousness _____ Sunstroke _____

Been treated for any of above? _____ Used a corrective brace/device? _____ Currently on medication? _____

Explain: _____

Is there anything else we should know about you? (phobias, sensitivities, etc.) ?

II. Personal Experience Information

What is your experience level in the following outdoor activities (please circle number)?

Activity:	Never	Seldom	Often	Experienced
Whitewater Rafting	1	2	3	4
Sea Kayaking	1	2	3	4
Whitewater Kayaking	1	2	3	4
Lake Kayaking	1	2	3	4
Canoeing (flat or whitewater)	1	2	3	4
Swimming	1	2	3	4
Camping	1	2	3	4
Group Leadership	1	2	3	4

Explain in detail any kayaking experience that you have:

Explain in detail any water activities you have participated in or any water certifications that you have:

Explain in detail any group activity that you would have been a leader:

(Please mail or fax this form back to our office ASAP!) Thank You!
Mail: P.O. Box 674 Unity, ME. 04988 Fax: 1-207-948-5193
If you have any questions please call our office toll free at 1-866-624-6352.

I have answered the above questions accurately and completely. I recognize that some outdoor recreation activities are very strenuous. I am in good physical condition and I can participate fully in trip activities. I understand that Maine Kayak, Inc. nor any other agency or persons provide insurance for me in any activities. I understand I am responsible for all costs of injury and for any unforeseen costs of evacuations/transportation. The Staff of Maine Kayak, Inc. has permission to seek and/or administer emergency care for the participant in the event that the participant or guardian cannot respond at the time of emergency.

Signature of participant: _____ Date: _____