

# **ABLE-to-ADVENTURE**

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## **YOUTH KAYAK CAMP**

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### **BENEFITS OF KAYAKING**

Kayaking is PURE FUN! White water kayaking is more than just a sport it is a life altering experience and in a lot of cases a lifestyle. With such a close-knit community, it is a great way to meet new people and create life-spanning relationships. It is also a great way to challenge ones self, both mentally and physically. Contrary to the stereotype, kayaking is not strictly for adrenaline junkies and extremists; it is a sport with unlimited possibilities for anyone and everyone that tries it.

### **CAMP DESCRIPTION: (Day camp only)**

An introductory kayak day camp, which will focus on: whitewater kayak skills and safe practices, team building, leadership and environmental sustainability.

### **CAMP/ LEARNING OUTCOMES**

On completion of this course, students should be able to:

1. Control the movement of a kayak using correct stroke technique.
2. Read and interpret basic river characteristics.
3. Perform rescues, both self and assisted, in flat water.
4. Perform the Eskimo Roll in flat water.

### **LOCATION**

The camp will be based out of Kamloops, BC. The camp will be run on various rivers surrounding Kamloops.

### **ITINERARY**

- Day 1: Pool/Kamloops Lake
- Day 2: North Thompson
- Day 3: Adams River
- Day 4: Shushwap River
- Day 5: Clearwater River

### **SCHEDULE**

- August 16 – 20
- 8:30am – 5:30pm

### **DEMOGRAPHIC**

The camp will be targeted at boys and girls ranging 14 – 18.

### **EQUIPMENT**

The TRU Adventure Studies Department will provide all equipment.

### **GROUP MANAGEMENT**

- Number of instructors: 3
- Instructor to Student Ratio: 1:5
- Max students: 15
- Instructor certifications: Kayak Leader 3/Instructor 3, Swift Water Rescue Specialist, Wilderness First Responder

### **TRANSPORTATION**

Students will travel in a 15-passenger van, with a fully licensed class 4 driver. A large enclosed trailer will be used to transport the kayaks.

### **COST**

The cost per participant will be \$325.

### **PARTNERS**

- Thompson Rivers University's Adventure Studies Department