

CYO-Camp Howard

Kayak Adventure Camp

Grades 8-12

Camp Howard based six day kayak experience for High School aged young adults. The trip includes basic instruction to safely paddle recreational kayaks in lakes and moving water. The adventure includes evening class sessions and 5 full days out on the water. The camp's big event is an overnight campout on Government Island (on the Columbia). But the fast moving water of the Sandy may be just as fun and gets the adrenalin pumping! The successful completion of the Kayak Adventure Camp will earn the campers certificates for course completion of the American Canoe & Kayak Association's Intro to Kayaking (Level 1), and Essentials of River Kayaking (Level 2). Course descriptions and outlines are available at: <http://www.americancanoe.org>

Day One:

Arrival at Camp Howard. The evening at Camp Howard will be filled with a camp orientation meeting, a short "get acquainted with the kayak" pool and classroom session, and social time around a fire pit. Camp Howard is a 242 acre youth camp in the forests above Bull Run Reservoir and has a spectacular view of Mt. Hood. More information about Camp Howard is available on the cyocampHoward.org website.

2:30 p.m. Participants arrive at Madeleine School for check in
4:00 p.m. Arrive at Camp Howard- check in to cabins
4:20 p.m. Camp Orientation
5:00 p.m. Dinner
6:00 p.m. Class (pool area)
7:30 p.m. Class (indoor) w/videos
9:30 p.m. Fire Pit or Games
10:45 p.m. Retire to Cabins

Day Two:

Day two activities start with a class on Lacamas Lake. This lake is located near Camas, Washington, and is a great lake to begin learning the skills necessary to complete the remaining days. During the class, participants will learn basic kayaking skills and explore the western end of Lacamas Lake and its feeder inlet. This is beautiful lake, well protected, and offers unbelievable views of beaver, bald eagles, herons, ducks, turtles, and lily pads. A sack lunch will be provided during the lake class and paddle.

8:30 a.m. Breakfast
9:30 a.m. Orientation meeting for days activities
10:00 a.m. Bus departs for Lacamas Lake
11:00 a.m. Arrival at Lacamas Lake (Camas, WA)
11:10 a.m. Participants are fitted into kayaks and gear
11:30 a.m. Basic Class begins
12:30 p.m. Lunch Break-class continues
1:00 p.m. Class Resumes, Paddle to inlet
1:30 p.m. Paddle up inlet
4:30 p.m. Load kayaks and return to camp
5:30 p.m. Arrive at Camp Howard
6:00 p.m. Dinner

7:00 p.m. Class, Sandy River pictures, obstacles, SAFETY
9:30 p.m. Fire pit or games
10:45 p.m. Retire to Cabins

Kayak Adventure - continued

Day Three: Day three & four represent a confidence building activity for the new paddlers as they build their skills in balance, turning, and propulsion. The two previous days activities have indoctrinated the paddlers as they now move into the necessary skills needed to harness and control the water's energy. The day starts with a hearty breakfast, loading the gear, and heading Chinook Landing and out onto the Columbia River! We will have lunch on one of the islands and then make our way to our Government Island campsite. As night falls, we will recount our new experiences around a campfire and dinner.

8:30 a.m. Breakfast
9:30 a.m. Orientation meeting at camp, pictures, SAFETY
10:30 a.m. Pack gear, load bus (all belongings in bags (not returning to camp)
11:00 a.m. Drive to Lewis & Clark State Park
11:30 a.m. Lunch, organize gear, and pack kayaks
12:00 p.m. Launch from Lewis & Clark boat launch
2:30 p.m. Either pick up at Chinook Landing & back to Camp Howard or
Continue on to Government Island, north shore, to camp
5:00 p.m. Set up camp
5:30 p.m. Explore beach area, practice kayak skills
6:30 p.m. Back to campsite-prepare dinner
7:00 p.m. Dinner
8:30 p.m. Fire circle discussion and planning
10:30 p.m. Retire to tents

Day Four:

Continuation of the campout on Government Island on the Columbia. We will wake up to a hearty breakfast and then explore the Western and Southern parts of Government Island while trying out some new kayaking techniques. After returning to Camp Howard, the kayakers will mix with the Camp Howard campers around a campfire social and camp closing ceremonies.

8:30 a.m. Breakfast
10:00 a.m. Pack gear, load Kayaks
10:30 a.m. Launch from campsite
12:30 p.m. Rest stop on Government Island and lunch
1:30 p.m. Paddle to East tip of Lemon Island, swim and play, light snack
3:30 p.m. Paddle to airport landing
5:00 p.m. Load all gear & return to Camp Howard

Day Five p.m. Kayakers are integrated into Camp Howard evening closing ceremonies/activities

6:30 p.m. Dinner
7:00 p.m. Integration into Camp Howard evening activities
10:30 p.m. Retire to cabin

Day five:

Day five builds on the skills learned from the previous days. The morning class moves on to more advanced kayak strokes, braces, and sweeps. We will also provide basic exit and reentry skills to negotiate the days adventure down the Sandy River. Our course from Oxbow Park to Lewis and Clark Park will take us into one of the few designated National Scenic River areas in the country and a little fun in low class "white" water.

8:30 a.m. Breakfast
9:15 a.m. Orientation meeting for days activities
9:45 a.m. Depart for Oxbow Park
11:00 a.m. River maneuvers in shallows at Oxbow Park
12:00 p.m. Light lunch at Oxbow Park
12:30 p.m. Start trip to Lewis & Clark, snack stop on river
6:30 p.m. Load at Lewis & Clark
7:30 p.m. Dinner
8:00 p.m. Pack gear for trip
9:30 p.m. Fire pit or games
10:45 p.m. Retire to Cabins

Day Six:

The campers will enjoy the morning with new friends and participate in the closing activities and ceremonies of Camp Howard. The participants will be returned, mabe a little tired, but full of new experiences. They will now be able to rent equipment utilize their new skills in exploring the waters and wildlife that bless the the Portland area.

8:30 a.m. Breakfast
9:30 a.m. Camp Howard activities
 Capture the flag
 Closing ceremonies
Pack gear
Load to busses
Arrive for pickup at Madeleine School

Day	Time	Activity	Ref. Page
Sun	1.5	Kayak Orientation (classroom and pool)	A
	Part A	ACA forms	1
		Camp Howard & Kayak Camp overview	2
		Kayak Camp Class and Trip overview	3
		Kayak and Water Safety	4
		Getting in and out of a kayak	5
		Body position and getting the feel of a kayak	5
		Hip rocking	
		J-lean	
		Low Brace -introduction	
		Holding the paddle	6
		Centered, shoulder width, palms down	
		Orientation of paddle (vs. upside down)	
		Fitness & stretching	7
		Wet exit	8
		Re-entry	
		Assisted, 2nd kayak/paddler	
		Drape-turnover-sit	
		Pull to shore	
	1.5	Class (at Camp Howard)	
	Part B	Introduction Video	B
		Kayak types	1
		Sea Kayaks (touring)	
		Pros-Tracking, speed, storage	
		Cons-Stability, more technical, long-large turning radius	
		White Water	
		Pros-Highly maneuverable (all axis)	
		Cons-Stability, poor tracking, no storage	
		Recreational	
		Pros-Decent tracking, storage, maneuverability, stability	
		Cons-Middle of the road performance for touring, and light moving water.	
		Shapes	2
		Performance/stability/tracking	
		Cockpit sizes and shapes	
		Equipment	3
		PFD w/whistle-mandatory	
		Clothing	
		Poly, wool, no cotton -keep moisture away from skin while still insulating	
		Layers, waterproof outer layer for wind and rain	
		Paddles	
		Shapes, sizes, materials	
		Misc.	
		Helmets, pump, waterproof bags, throw bags, line, paddle bouys, etc.	
		What, why, when, how, where	
		Carrying a kayak	4
		Transporting a kayak	5
		Review of in-water instruction, additional information, Kayaking glossary	6-8
Mon	2.0	Basic Orientation - Lacamas Lake	C
	Part C	Safety	1
		Fit your Boat	2
		Basic forward stroke	3
		Paddle entry	

Create a box	
Torso rotation and pull/push	
paddle exit	
Basic back paddle strokes	3
Low Brace	4
Padle position	
Recovery (w/hip lift)	
Directional strokes	5
Improving your stroke-finesse	6
Buying a kayak	7

Day Time Activity (Continued)

Mon	3.0 Lacamas Lake	
(cont'd)	Inlet paddle	
	and/or Lower into Round Lake	
	1.5 Class (at Camp Howard)	
Part D	Kayaking Safety - Review of ACA documents on Kayaking Safety	D
	Critical Judgement-Review ACA document	1
	ACA Safety Requirements	2
	Paddlerr's Safety Checklist Brochure	3
	PFD-Wear it! Brochure	3
	ACA Guidelines for Safe Rver Kayaking	3
	Beginner's Guide ACA	4
	Water Reading	5
	Self rescue	6
	Kayakers responsibility/accountability	
	Swimming	6
	Defensive	
	Offensive	
	Obstacles (rocks)	6
	Hazards (strainers, bridges, low-head dams, cold)	6
	Eddy Turns and Ferries	7
	Communication-signals	
	Logistics	

Tue-Wed Camp-out on Government Island (The Columbia River)
Columbia River Overnight

1.0 In water stroke - Chinook Landing

- Advanced directional strokes/sweeps
- Stern rudder
- Paddle Sculling

14.0 Chinook Landing to Government Island-Airport

- or Corbit Exit-Gary Island Park-Marine Drive (Airport)
 countless opportunities to experience the freedom that a kayak
- or Washougal to Government Island-Lemon Island-Airport
- or Lewis & Clark Park to Government Island to Airport pickup

Columbia River

- 4.0 Airport to Lemon Island/Government Island
- 4.0 Chinook Landing to Airport
- 2.0 164th to Wintler

3.0 164th to Airport
3.0 Washougal to 164th
4.0 Washougal to Wintler
5.0 Rooster Rock to Chinook Landing

Thur

Sandy River Float Trip

5.0 Oxbow to Lewis & Clark Park
or Dabney to Chinook Landing

1.0 In water stroke class -Oxbow Park

Advanced directional strokes/sweeps
Stern rudder
Paddle Sculling
Wet exit
Re-entry
Assisted, 2nd kayak/paddler
Drape-turnover-sit
Pull to shore

Sandy River Float Trip

6.0 Oxbow to Lewis & Clark Park
or Dabney to Chinook Landing

OPTIONAL TRIPS

Clackamas River Float Trip

4.0 Milo Mciver to Carver
3.0 Carver to Wilamette

Columbia River

4.0 Airport to Lemon Island/Government Island
4.0 Chinook Landing to Airport
2.0 164th to Wintler
3.0 164th to Airport
3.0 Washougal to 164th
4.0 Washougal to Wintler
5.0 Rooster Rock to Chinook Landing

Thu -Fri **Integration into Camp Howard activities - Thursday p.m. and Friday**

Day three builds on the skills learned from day one and two

Breakfast

Oreintation meeting for days activities

Depart for Oxbow Park

River manuevers in shallows at Oxbow Park

Light lunch at Oxbow Park

Start trip to Lewis & Clark, snack stop on river

Load at Lewis & Clark

Dinner

Pack gear for trip

Fire pit or games
Retire to Cabins

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