

Virginia Outdoor Center



Instruction

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3219 Fall Hill Ave.
Fredericksburg, VA 22401

White Water Essentials

This course is designed to build a strong foundation of basic skills that promotes a successful kayaking future. Our instructors are American Canoe Association (www.americancanoe.org) certified and follow the guidelines of the ACA's whitewater kayaking instructional program. Our mantra is to focus on fun and safety, period. Kayaking, whether in the ocean, a pristine mountain lake, or a steep creek, involves risk. Recognizing that risk and having the knowledge and skills to reduce it, make your experience that much more enjoyable. Suggested reading before class is Eric Jackson's White Water Paddling: Stokes and Concepts and Walbridge and Sundmacher's Whitewater Rescue Manuel.

Day 1: Class begins at the VOC at 9:00 am and ends at/or near 4pm. You will be outside all day but near a vehicle so bring plenty of water and food. You will get wet! One of the first skills we teach is how to get out of the boat, so you will be IN the water. PLEASE DRESS APPROPRIATELY - No cotton!! Synthetic materials only. We take frequent breaks for eating so bring plenty to fuel yourself with.

Day 2: Class begins at the VOC at 9:00 am and ends at 4pm. All day in kayaks learning and tripping down a whitewater section. We are immersed in river fun. Please eat a good breakfast and bring your lunch.

Clothing is important! A few clouds and a swim can chill a boater quickly. A layer of poly-pro, fleece, or neoprene will help to keep a chilly day from getting unpleasant. If you have any questions about clothes, give us a call. Here is a list of personal items we expect you to have.

Bathing suit

Water Shoes (Aqua socks or neoprene booties)

Nylon Jacket (It will get wet)

Polypropylene top and bottoms (needed if the weather is cooler, if in doubt, bring it)

Dry change of clothes

Sunscreen

Water, lunch and snacks

Cost: \$155

We meet both days at the Virginia Outdoor Center on 3219 Fall Hill Ave. If you have any questions, call (540) 371-5085.