

Jackson Hole Kayak Club



**2010 Parent/Athlete Handbook
Instructing Young Kayakers
Since 1996**

Jackson Hole Kayak Club

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Dear Paddlers,

Every winter, as the snowfall begins to wane and the Snake River begins its march towards flood stage, I start to think of the coming kayaking season. In just a few short weeks school will be out, the rivers up, and the JHKC will be paddling on the Snake, Hoback, Greys and Gros Ventre rivers! This summer marks 14 years of kayak instruction in and around the greater Yellowstone area, and our success is a testament to the dedication of our athletes, parents, coaches, and community supporters.

As always, our club is dedicated to providing all with the opportunity to safely enjoy the waterways of our area. Our focus is on river running skills, safety, responsibility, competition and most importantly – fun! We hope you'll join us in 2010.

Sincerely,

Daniel Abraham
Executive Director

Mission Statement

To provide all with the opportunity to safely enjoy the waterways of the Greater Yellowstone area through youth programs, competitive events, conservation and education.

In 2010, the Jackson Hole Kayak Club enters its fourteenth season of introducing young people to whitewater kayaking!

Contact Information

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2010 Jackson Hole Kayak Club Summer Programs

Muskrats

Ages 8-12

Dates: May 1st JHKC Registration
June 15th – August 27th, 2010, Tuesday and Thursday, 10-2 pm

Program Cost: Annually \$700 (June-August)
Monthly \$350

For our youngest paddlers and those that have never been on water, the Muskrats will receive the basic paddling instruction necessary for future development in river running, freestyle and slalom racing. Athletes will learn basic river running and river safety skills through time in the pool, on flat water, and class I and II sections of the Hoback and Snake Rivers. Tuesdays will always be on flatwater and Thursday will vary between flatwater and moving water.

River Otters

Ages 12-18

Dates: May 1st JHKC Registration
June 15th – August 27th, 2010, Tuesday and Thursday, 3-7 pm

Program Cost: Annually \$700 (June-August)
Monthly \$350

For second year participants and more experienced paddlers, the River Otters will build upon basic river running skills and learn the fundamentals of freestyle kayaking and slalom racing. Paddlers in the River Otters should be able to roll in class 2 whitewater, as most days will be spent exploring sections of the Snake River Canyon and the Hoback and Gros Ventre rivers.

River Explorers and Travel Team

Ages 12-18

Dates: May 1st JHKC Registration
May 10th – September 19th, 2010
School Season: Monday, Wednesday, Friday, 3-7 pm
Summer Season: Monday, Wednesday, 2-6 pm, and All Day Friday

Program Cost: Explorers—annual \$1500 + trip fees
Travel Team only—annual \$200 + trip fees

Our oldest and most experienced athletes, the River Explorers will focus on upper-level river running, downriver, slalom, freestyle competition, swift water rescue techniques, and most importantly FUN! Paddling every Monday, Wednesday, Friday, May through September and having the option to attend numerous events throughout the summer, this group is on the water “all the time”.

Many JHKC members have ascended to high levels of competitive kayaking and are running Class IV & above whitewater. The club has traveled to and safely paddled the Teton, Blackfoot, Bear, South & North Fork Payette Rivers in Idaho and Cross Mtn. Gorge in Colorado. In addition, JHKC team members have competed at the Bigfork Festival, FiBARK, the Payette Whitewater Round-Up, Western Regional Junior Olympic Qualifiers and the Gore Canyon Race. Traveling Team members will meet for training every Monday, Wednesday and Friday from May through September. **COMPETING IS NOT A REQUIREMENT** for Traveling Team members. All that is required is that they have experience paddling Class II+/III- whitewater.

All Day Fridays

Ages 12-18

Dates: June 18th – August 27st, 2010

Program Cost: Per Friday \$70

As part of our River Explorer and Travel team programs, athletes spend the entire day Friday traveling to some of our area rivers. Depending on the destination for that week River Otters and Teton Valley Paddlers may join the all day Friday trips at an additional per day cost. If interested, please speak with your regular coach and the All Day Friday trip leader.

Joining the JHKC

To join the JHKC and attend river trips, every student is required to complete a health form, acknowledgement of risk waiver, the “Five Boofs to Freedom,” athlete guide and join the American Canoe Association (\$25 for a 1-Year Membership). The JHKC will hold a Registration Party at Rendezvous River Sports on May 1st, during the boat swap. Athletes may also register by visiting the JHKC website and downloading the “Registration Packet,” filling it out and dropping it off with payment at Rendezvous River Sports.

Tuition

Payment for summer programs is to be made in full at the start of the summer. Considering the high cost of transportation and quality coaching the suggested costs for attending are extremely reasonable. **Still, we will never turn anyone away who is unable to pay the full amount and has the desire to participate.**

Trip planning

Due to the dynamic nature of kayaking and potentially large fluctuations in river levels, most outings will be decided the day before or the day of the planned trip. All trips embark from Rendezvous River Sports except the new Teton Valley Paddlers group.

Safety

Kayaking, like skiing and other adventure sports, has limitless possibilities and can be enjoyed at a variety of different levels. The Snake River provides an excellent learning environment for our beginner paddlers, as it is deep, wide and forgiving. For our more advanced members the variety of freestyle features found on the Snake River and the option to travel to new rivers on a regular schedule provide a safe and challenging environment to progress as a whitewater kayaker. All JHKC coaches are trained by the American Canoe Association, possess first aid and CPR certification and have extensive experience guiding and instructing whitewater kayaking. If you have questions or concerns please contact the Executive Director. It is our goal to provide fun and safe experience for each member every single day!

Equipment

The JHKC has worked with Rendezvous River Sports to help defray the cost of equipment for all our athletes. Rendezvous River Sports generously allows JHKC members use of it’s kayak and paddle demo fleet. On any given day there are approximately 20 kayaks and 15 paddles available to go out on JHKC trips. The JHKC has structured how these boats and paddles are distributed among club members as follows:

1st Year Members and Muskrats: Kayak and Paddle included in tuition costs

2nd Year Members and Otters: Kayak included in tuition costs, paddle may be rented for the season

3rd+ Year Members Explorers: Kayak and Paddle may be rented for the season

The aim of this program is to provide boats and paddles, the two most expensive pieces of equipment, to beginner paddlers who may be unsure of their commitment to the sport. All paddlers in the JHKC should be aware that since Rendezvous River Sports has donated the use of

these boats, not all the boats will be available at all times throughout the season. Any Rendezvous River Sports lesson, rental or demo will take priority over JHKC trips.

It is a significant advantage for older, more experience paddlers to own equipment. They will have the same boat from week to week, be able to correctly outfit their boat, and can paddle outside of the JHKC schedule. Whitewater kayaking equipment is all very durable and a quality boat or paddle should last well over five years. Returning members interested in purchasing new or used gear should attend the annual Rendezvous River Sports spring boat swap and the JHKC kick-off party and registration. Rendezvous River Sports will offer special pre-season discounts on all kayaking gear to JHKC members at registration.

A description of the required kayaking gear is included below. Gear rentals are handled by Rendezvous River Sports.

General Equipment list for a JHKC athlete:

Whitewater Kayak- Modern whitewater kayaks have a flat hull, defined edges, comfortable outfitting and are between 6-8 ft in length. In general, any whitewater kayak from the last 3-5 years is acceptable, any older though and students will find their equipment outdated and difficult to learn in. Kayaks are provided for first-year and second-year members, and available for rental for all other members.

Whitewater Paddle- Whitewater paddles are between 160 and 200 cm in length, and should have no more than a 45° feather. Paddle length is determined by a combination of height and preference.

Helmet- A whitewater kayaking helmet has a hard plastic or composite exterior with softer cushioning foam on the inside. Bike and ski helmets will not work for whitewater kayaking, as they are designed for one large, severe impact and cannot withstand multiple small hits. Skateboarding, wakeboarding or waterskiing helmets are acceptable.

Sprayskirt- Water is kept out of a whitewater kayak with a neoprene spray skirt that seals around the cockpit rim. Sprayskirts must have solid grab strap located at the front of the cockpit for use in a wet exit. Younger paddlers frequently do not require sprayskirts for their first few days on the water.

Personal Floatation Device (PFD)- A PFD is a buoyancy aid worn at all times when on the water. A PFD designed for whitewater kayaking must conform to United States Coast Guard specifications, and is sized according to an athlete's body weight. A motor boating or wakeboard/waterskiing PFD will provide adequate floatation but is not comfortable when seated in a kayak.

Wetsuit- Beginner kayakers tend to spend a lot of time in the water swimming. While the daytime temperatures during kayaking season can reach well into the 90's, the water is always very cold. A few swims without an insulating wetsuit will exhaust even the fittest athletes. All

JHKC athletes without a reliable roll are required to bring a wetsuit on all trips. If an athlete chooses not to wear their wetsuit, they must keep it in the stern of their boat.

Synthetic Long Underwear- All athletes should have non-cotton, insulating top and bottom long underwear. Any type of Patagonia Capliene, Under Armour or rashguard will work. Athletes should also have a bathing suit.

Splash Jacket or Drytop- A waterproof long sleeve splash jacket or drytop keeps water from getting to the athletes insulating layers and into the boat. All athletes must have a splash jacket or drytop when on the water.

Neoprene Booties- All athletes must have some sort of closed-toe protective footwear. Neoprene booties are ideal because they are warm, protective, provide good traction and fit well in kayaks.

Discipline Policy

The JHKC aims to promote ethical and lawful behavior in our athletes. The goal of JHKC policies on discipline is not to take away an athlete's privileges as a means of punishment. Rather, the goal is to address unacceptable behavior and work with the athlete, coaches, and parents to make a change in that behavior.

The JHKC requires that all students and parents complete the "Five Boofs to Freedom," form prior to participating in any JHKC event. Athletes are expected to abide by these five rules, as well as follow any instructions from a JHKC coach or event staff while paddling with the JHKC. All our athletes represent the JHKC and the paddling community while on the water, and should do so in a respectful and appropriate manner.

Any infractions in the "Five Boofs to Freedom," will result in the following disciplinary action:

First Offense- Explicit verbal warning to the athlete and a phone call to the athlete's parents.

Second Offense- Explicit verbal warning to the athlete, up to a two week suspension from JHKC activities without refund and a parent-coach meeting to determine how best to correct the athlete's behavior.

Third Offense- Explicit verbal warning to the athlete, possible expulsion from the JHKC summer programs without refund.

In addition to the above policy, JHKC reserves the right to suspend or expel any athlete whose actions are illegal or place the athlete or group in a dangerous situation. The JHKC will not tolerate reckless or unsafe behavior on or off the river.

Expulsion Policy

In the most extreme cases, disciplinary action will result in the expulsion of an athlete from JHKC programs for the remainder of the summer. Actions that would warrant expulsion include: any illegal behavior on or off a JHKC trip, repeated offenses of gross miss-conduct, seriously endangering themselves, other athletes or a coach while on a JHKC trip or any other unacceptable behavior that has been dealt with through the discipline policy listed above.

Athletes who are expelled from summer programs will not receive a refund for the remainder of the summer. All rental equipment must be returned to Rendezvous River Sports and all personal belongings and equipment removed from JHKC lockers with 48 hours. Athletes are welcome to join the JHKC the following summer, but must first schedule a parent-coach meeting with the JHKC to review actions that resulted in the previous summer's expulsion.