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# Whitewater Kayaking

**level 4: whitewater kayaking - cdn.ymaws** - level 5: advanced whitewater kayaking the following is a general summary of course content for the whitewater kayaking course. the content covered and sequence of instruction should be adjusted to best fit the participant's needs, class location and time allowance. course content introduction, expectations, & logistics: **kayaking - troop 1 georgiaville** - whitewater kayaking (1.2 million). this merit badge will introduce you to recreational kayaking and help prepare you for advanced paddlesports such as touring/sea and whitewater kayaking. the first kayaks were made by the native people of the arctic, the inuits and aleuts. they stretched seal or walrus skins **whitewater kayaking in vefsna region** - whitewater kayaking. this guide is made with the help from vefsna kayak club and mariann sæther. additional information and photography has been provided by ron fischer, torhild lamo, kurt kvalfors, Øyvind bakksjø, axel kleiven lorentzen, margrethe jønsson, matthias fossum, morten eilertsen, jakub sedivy, **whitewater kayaking - university of nebraska-lincoln** - whitewater kayaking depart oct 13, 2017 return oct 17, 2017 pricing \$275 members | \$325 non-members pre-trip meeting october 10, 2017 | 6:30 p.m. trip overview location overview while the plains might be sparse when it comes to whitewater, you'll love testing your skills on the cedar river **injuries in whitewater kayaking - bjsmj** - injuries in whitewater kayaking d c fiore, j d houston abstract objective—to provide epidemiological data on whitewater kayaking injuries using a descriptive study. methods—a retrospective survey was distributed at whitewater events and club **level 4: whitewater kayaking instructor criteria** - safety issues including using the american whitewater safety code river features and hazards and how to use and or avoid them river running strategies, including scouting and group management on the river **flatwater and whitewater kayaking - county home page** - flatwater and whitewater kayaking . ratings are a general guide only. it is your responsibility to be prepared for any conditions that may arise (cold weather, rain, etc). most programs consist of a two hour evening lecture and a full day trip on the water. level 1 . these classes are intended to get your feet wet and teach the basics of the sport. **injuries associated with whitewater rafting and kayaking** - wilderness and environmental medicine, 14, 255 260 (2003) collective review injuries associated with whitewater rafting and kayaking david c. fiore, md from the university of nevada school of medicine, department of family and community medicine, reno, nv. **economic impacts of whitewater recreation - durangogov** - • nationally, whitewater recreation participation is again on a steep increase after more than doubling between 1996 and 2002. • in colorado, kayaking experienced a phenomenal 450% increase in participation over an eight year period and rafting experienced a similar, although more modest, 77% increase over the same time period. **kayaking bsa - boy scouts of america** - kayaking bsa should prepare you for safe kayaking fun on your local lake or enclosed bay, but there is more to learn, such as the classic eskimo roll. you can find additional material on kayaking in the fieldbook, no. 33200; the whitewater merit badge pamphlet, 33405a; and the venturing whitewater pamphlet, no. 33465a. **kayaking - u.s. scouting service project** - kayaking merit badge workbook ... review the differences in the design between recreational, whitewater, and sea or touring kayaks. include how length, width, stability, and rocker are involved in the design of each type. (similar to kbsa 2a) recreational kayaks whitewater kayaks. **2018 summer learn to kayak - potomac whitewater racing club** - 2018 summer learn to kayak open to youth ages 9-14, potomac whitewater racing team's summer camp introduces recreational whitewater kayaking to kids in a low-key environment. to ensure high quality of instruction and the safety of our students, student to instructor ratio is 4:1. our instructors are first aid, cpr, **biomechanical and physical characteristics of whitewater ...** - associated with whitewater kayaking may also become apparent. overuse injuries are the most prevalent type of injury found in whitewater kayakers. due the large range of motion and forces that occur through the shoulder while kayaking, the most common injury location is the shoulder.

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