

Department of Recreation and Tourism Management

Flatwater Boating, RTM 151D

General Course Information

Spring 2024

Dates: March 16, 2024- May 11, 2024 (accelerated course meets the last 9 weeks of the semester)

Time: Saturdays, 9:00 am – 11:40 am

Instructor: Chris Weyant-Forbes

Contact: christina.veyant@csun.edu

Office Hours: After class on Saturdays-in person or ZOOM by appointment

Course Dates and Meeting Times:

In Person, 3/16- 9:00am – 11:40am

NO CLASS – 3/23 Spring Break, no class

In Person – 3/30 - 9:00am – 11:40am

In Person - 4/6 - 9:00am – 11:40 am

In Person – 4/13 – 9:00am – 11:40am

In Person – 4/20 – 9:00am – 11:40am

In Person – 4/27 – 9:00am – 11:40am

In Person – 5/4 – 9:00am – 11:40am

In Person – 5/11– 9:00am – 11:40am

Course Meeting Location:

In Person Meetings - CSUN Aquatic Center at Castaic Lake

32132 Castaic Lake Drive, Castaic, CA, 91384

*CSUN does not provide transportation; car-pooling is encouraged.

COURSE DESCRIPTION:

Introduction to safe travel by kayak or canoe on lakes, rivers, and oceans. Includes equipment, navigation and techniques for flatwater boating and emergency self-rescue. Emphasis will be on the safety, environmental awareness, and skill development. Arranged fieldtrips are required.

COURSE OBJECTIVES:

1. Have a greater understanding of and appreciation for the natural environment and be able to incorporate minimum impact techniques in their travel
2. Show an increased ability to evaluate conditions and navigate their craft using safe water travel techniques
3. Synthesize information related to human physiology and external weather conditions and demonstrate proper emergency response to acute hypothermia
4. Apply a variety of paddle techniques for safe navigation of open canoes in both optimal and unexpected weather conditions
5. Apply a variety of paddle techniques for safe navigation of closed and open deck kayaks in ocean and flatwater conditions
6. Evaluate conditions related to group dynamics and develop a level of self-confidence and self-awareness in conjunction with understanding of the needs of others in the group

COURSE STUDENT LEARNING OUTCOMES:

At the conclusion of the course, students should be able to:

1. Identify the types and parts of equipment used in the course, including paddles, kayaks, canoes, and stand-up paddleboards.
 2. Demonstrate the skills essential for a safe flatwater boating experience, including how to plan and prepare for trips (including weather & tide charts), how to fit a PFD, various paddle strokes, various paddling signals, competent self-rescue and participant rescue, and group management techniques.
 3. Understand and articulate risks inherent to flatwater boating, including external weather conditions, and demonstrate the proper emergency response to acute hypothermia.
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1. Learn and incorporate “Leave no Trace” principles in their travel.
 2. Discover skills learned in the course that can be transferrable to other areas of life.
 3. Your personal objective(s)
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COURSE CONTENT and TENTATIVE SCHEDULE (subject to change)

March 16, 2024

1. Introduction to class
2. Syllabus and Class Content Review
3. Who are your classmates?
4. Meet the Gear

- PFD's
 - Kayaks
 - Canoes
 - SUP's
 - Paddles
5. PFD & wetsuit fitting/sizing
 6. Hypothermia lesson
 7. Get in the water?

Homework

<https://www.lifetime.com/blog/post/parts-of-a-kayak-a-look-at-kayak-anatomy>

Draw a kayak paddle and label the following parts (upload photo of your drawing to canvas assignments): Blade, Tip, Spine, Power face, Non-Power face, Shaft, Drip Ring

<https://www.rei.com/learn/expert-advice/kayak-parts.html>

Draw a kayak and label the following parts (upload photo of your drawing to canvas assignments): Bow, Stern, Deck, Cockpit, Hatch, Hull, Carry handles, Keel, Seat, Rudder

Journal Entry: Tell me – everything I need to know about you

March 23, 2024 - NO CLASS (Spring Break)

March 30, 2024

1. Review parts of a kayak
 2. Get on a kayak
- Basic Paddle Strokes
 - Paddling Communication Signals
 - Practice on the water – kayaks! (Maneuvers to practice include forward, stopping quickly, moving sideways and not forward, spin, rudder)
 - Getting back on a kayak if time permits

Homework:

- <https://paddlingmag.com/boats/canoes/parts-of-a-cano/> Draw a canoe and label the following parts (email photo): Bow, Stern, Deck, Bow Seat, Stern Seat, Gunwhale, Thwart and Handle, Hull, Keel, Yoke

Journal Entry:

- Leave No Trace principles, watch: (<https://embracingthewind.com/how-to-leave-no-trace-outdoors/>) Tell me how LNT can be practiced during class and on paddling outings

April 6, 2024

1. Meet Canoes
2. How to hold a paddle
3. Partner up and practice:
 - Basic Paddle Strokes
 - Paddling Communication Signals
 - Maneuvers to practice include forward, stopping quickly, moving sideways and not forward, spin, rudder
 - Classroom time, Watch: <https://m.youtube.com/watch?v=mg7T8nyV17Y>
 - Practice canoe re-entry with 2nd boat

Homework: NONE

Journal Entry:

- [ACA Paddlesports Online Course](#), Complete this course and upload certificate

April 13, 2024

1. Meet SUPS!
2. How to use the paddle
3. Getting on and off the board
4. Practice with SUPS and/or kayaks
5. Intro to self-rescue – watch videos inside Aquatic Center
6. Practice getting in and out of boats while in the water (self-rescue)

Homework: Work on Your Group Game- In groups of 3, create a game, using skills we have learned in class, that we can play in the water during the final class meeting (more details to come)

Journal Entry: NONE

April 20, 2024

1. Discuss weather reports and tide charts, float plans
2. Group Game Assignment planning (30 minutes)
3. Pick your boat – Practice on the water: stroke technique, communication signals, and maneuvers: forward, stopping quickly, moving sideways and not forward, spin, rudder; Practice lead & Sweep roles

Homework: Work on Float plan assignment: Create a detailed float plan for a paddling outing you could actually go on (must include weather report and tide chart info & must add a description of how LNT will be incorporated into the trip)

Journal Entry: TBD

April 27, 2024

1. Lessons from a Hat: possible topics include - getting to know your group ice-breaker/name game, how to fit participants in PFD's, teaching communication signals to participants, teaching how to get in and out of a boat, teaching basic stroke techniques
2. Pick your boat! Circumnavigate the lake?

Homework: Review for the final exam

Journal entry: NONE

May 4, 2024

1. Final exam, written
2. Group Games on the water!
3. Free-for-all playtime on the water

May 11, 2024 - Make-up day

Online/Optional (If we cannot **NOT** MEET IN-PERSON due to weather...)

Boater Safety Card acquisition (this will count as a class meeting):

- <https://californiaboatercard.com/applynow/>- apply and pay \$10 (CSUN RTM will reimburse you), get Application ID
- Use Application ID to enroll in CA approved course here: <https://www.boatus.org/california/>- (free; you may donate \$ if you choose but is not reimbursable)

STUDENT EVALUATIONS: Total 100 pts

Class Participation	49% (7 on-the-water class meetings, 7 pts each)
Journal Entries	16% (due by the following Thursday at 11:59pm, 4 journal entries, 4 pts each)

Detailed Float Plan	10% (1 @ 10 pts)
Group Games	10% (1 @ 10 pts)
Final Exam	15% (15 pts)

90-100% = A
86-89% = B+
80-85% = B
76-79% = C+
70-75% = C
66-69% = D+
60-65% = D
0-59% = F

Course Policies and Guidelines:

1. **Its Experiential Education!** Participation is vital to successful learning. Therefore, students are expected to attend the class, arrive on time, complete assignments on schedule, and actively participate in learning activities. Failure to participate during class will result in a forfeiture of all points for that class meeting.
2. **Play Nice!** To create a safe, welcoming, and productive learning environment, students will respect each other, the facilities and equipment. Abusive, violent, disrespectful, or disruptive behavior will not be tolerated. Students are referred to the policies and regulations section of the University Catalog for university policies and code of conduct information.
3. **Appropriate Attire:** Plan to be fully submerged in the water during each class meeting. Each class session will involve boating and being in/on/around the water. You are responsible for wearing swimming attire that will allow you to move around on boats, perform in and out of water rescues. For each day at Castaic Lake, you are expected to bring/wear:
 - Athletic Swim Wear or attire you are comfortable getting wet (synthetic lightweight material shorts and shirt preferred)
 - Sunscreen
 - Water Bottle
 - Towel/Warm jacket
 - Sunglasses (Optional)
 - Water shoes/shoes you are comfortable getting wet in (Optional)
 - A change of clothes for after class (Optional)

*Showers are available at the Aquatic Center

*Wet suits may be available

4. **Drugs and Alcohol-** There is a zero-tolerance policy regarding drugs or alcohol at every class meeting. Failure to abide by these rules will result in an automatic failing grade and a meeting with the RTM Department chair.
5. **Rules of the Calling and Email Road-** Ask questions during class when you have them! Before emailing, read your syllabus and the canvas platform course information (when available) to find the answer to your question. If you still haven't found the answer to your question in the course materials, email weyant@csun.edu . You can call my personal cell phone ONLY if it is urgent/emergent – 951-255-2740.
6. Late work will not be accepted. All assignments and due dates can be found in this syllabus. I do not give reminders.
7. **Excused Absences:** If you will miss class for any reason below, Email weyant@csun.edu , **prior** to the absence with **DATE OF ABSENCE, and REASON FOR EXCUSED ABSENCE**. Make-up assignments will be given only when students meet the following conditions:
 1. Absences caused by hospitalization, death in the family, or other emergencies must be documented within 48 hours of your return to class. Acceptable documentation includes a letter from a physician, a newspaper obituary, or a memorial service program.
 2. Absences for official University activities (e.g., athletics, band, and TBA labs) must be documented and approved in advance.
 3. Class cancellations due to weather
8. **Academic Honesty:** According to the University's policy on academic honesty, no form of academic dishonesty will be tolerated. Any student found cheating, plagiarizing a written assignment, or committing any other infraction against CSUN's policy will either receive a failing grade for the assignment and the course and be reported to the University with a potential request for additional disciplinary action. Refer to <http://www.csun.edu/studentaffairs/faculty> for additional information.

Student Resources

Disability Resources and Educational Services (DRES). In keeping with the University's policy, reasonable accommodation is provided for students with disabilities that might affect their course participation or assignment completion. Any student with disabilities should contact DRES at 818-677-2684 or dres@csun.edu. DRES is in Bayramian Hall room 110 (BH 110). Please visit www.csun.edu/dres/index.php for additional information and/or assistance. The National Center on Deafness (NCOD) is located on Bertrand Street in Jeanne Chisholm Hall and can be reached

at (818) 677-2054 or Videophone: (818) 671-4443. You are not required to disclose your disability to me to receive accommodation during this course.

Learning Resource Center (LRC) and Writing Center. The LRC is committed to helping students become better writers, critical thinkers, and communicators by providing face-to-face and electronic consultation, tutorials, reference manuals, and links to Web writing resources. As part of the LRC, the Writing Center staff is available to help students during the conception, research, drafting, or revision stages of a paper. Students may visit the Oviatt Library 3rd Floor, East Wing or call 818-677-2033 to make an appointment. Walk-ins are available on a limited basis. For additional information and/or assistance, please visit <http://www.csun.edu/undergraduate-studies/learning-resource-center>

Respectful Learning Environment and Title IX Considerations

Students and faculty each have responsibility for maintaining a safe and respectful space to express their reasoned opinions. Professional courtesy and consideration for our classroom community are especially important with respect to topics dealing with differences in race, color, gender and gender identity/expression, sexual orientation, national origin, religion, disability, and age.

As your instructor, one of my responsibilities is to help maintain a safe learning environment during the entirety of our course; this includes classroom sessions, on water experiences, and all other parts of class. If you choose to write, speak or otherwise disclose about having experienced sexual misconduct/sexual violence, including rape, sexual assault, sexual battery, dating violence, domestic violence, or stalking and specify that this violence occurred while you or the perpetrator were a CSUN student, federal and state laws require that I, as a “responsible employee,” notify our campus Title IX Coordinator. The Title IX Coordinator will contact you to inform you of your rights and options as a survivor and connect you with support resources, including possibilities for holding accountable the person who harmed you. Know that you will not be forced to share information and your level of involvement will be your choice.

CSUN’s Title IX Coordinator is:

Susan Hua

University Hall, Room 285

Phone: (818) 677-2077

E-Mail: susan.hua@csun.edu

If you do not want the Title IX Coordinator notified, instead of disclosing the experience to me, you can speak **confidentially** with our Campus Care Advocate.*

CSUN’s Campus Care Advocate is:

Katie LaRue Klotz

Student Health Center, Room 140G

Phone: (818) 677-7492

E-Mail: katelin.larue@csun.edu

For more information regarding your university rights and options as a survivor of sexual misconduct/sexual violence, please visit the University's Title IX website at:
<http://www.csun.edu/shinalight>

CSUN Food Pantry

Face coverings and physical distancing encouraged. Please continue to follow us on our social media platforms for the most current updates: @csunfoodpantry on [Facebook](#), [Twitter](#), and [Instagram](#)

Contact us:

Phone Number: (818) 677-2730

Email: csunfoodpantry@csun.edu

If you are a student enrolled at any [California State University](#) campus currently living and/or working in the Los Angeles San Fernando Valley area, you're welcome to visit the CSUN Food Pantry to receive food and services. Our staff is ready to safely welcome you! Face coverings are required.

CalFresh is a nutrition assistance program that helps low-income individuals and families buy the food they need. CalFresh dollars help stretch a tight food budget and help many people afford to incorporate healthy foods like fruits and vegetables into their diets.

You can follow us @csuncalfreshoutreach on [Facebook](#), [Twitter](#), and [Instagram](#) for any updates.

Contact us:

Phone number: (818) 677-2704

Email: calfreshcsun1@gmail.com

*** This syllabus is subject to change at the discretion of the instructor.***