

## ***ODP301 COURSE REGISTRATION KIT - 2009***

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### ***Checklist and Instructions:***

1. Read this information carefully, especially information regarding departure time and location, and the clothing/equipment list for each course  Done!
2. Ensure that you have completed the registration forms completely  Done!
3. Submit registration form with DEPOSIT to the Membership Services Office  Done!

### ***Code Of Behaviour - Read Carefully:***

1. ***Attendance:*** As these are short courses, all practical sessions must be fully attended and students must participate in all activities. The quality and quantity of learning is dependent upon both the instructor and the student. You will be expected to be appropriately dressed for activity, and be prepared to participate fully. There will be NO late arrivals or early departures without loss of credit.
2. ***Transportation to Camp:*** Students *must* take the arranged transportation. Personal transportation to camp is not allowed, and students must make arrangements to be at the University for the scheduled departure.
3. ***Alcohol and Illegal Drugs:*** Following the regulations of both the University and the Camp, there are to be no alcoholic beverages or non-prescription drugs allowed on the camp premises or consumed during the camp period. Course credit will not be given to anyone who is directly or indirectly in violation of this rule (those associated with others partaking in these activities will also be dismissed from camp without a refund).
4. ***Remaining on Camp Grounds:*** Students cannot leave the campsite for the duration of the course except to conduct exercise (running, walking). Unauthorized departure will lead to the loss of the course credit.
5. ***Boating / Swimming After Dark:*** Use of the entire waterfront is strictly forbidden after dusk for safety reasons. Please abide by these rules - they are for your own safety.

# *ODP301 ADVANCED WATER NAVIGATION - WHITE WATER CANOEING*

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## **COURSE DETAILS**

**Location:** Palmer Rapids, Renfrew, Ontario (Camp Kandalore providing instruction)

**Trip Dates:**<sup>2</sup> **Tentatively – May 8-10 2009**

**Departure Time:** 8:00 am. SHARP. from the University of Toronto, Athletic Complex, Spadina Ave. and Harbord St. (Buses load on Huron St. 1 block east of Spadina)

**Arrival Time:** Buses will return to University of Toronto at approximately 7 p.m.

## **Registration Procedures for ODP301**

**Ballot Phase:** Students with active third year standing were asked to ballot for spaces in ODP300H/ODP301H/ODP302H in March 2008. Ballot results are available on the Outdoor Projects section of the website:

[http://www.ac-fpeh.com/faculty\\_research/undergrad/outdoor\\_project.php](http://www.ac-fpeh.com/faculty_research/undergrad/outdoor_project.php)

Students who have successfully balloted will be entered into their confirmed ODP on ROSI in early June 2008.

**ROSI Phase:** The ODP301H course is full. Fourth year students will be permitted to add themselves to the waiting list for this course on ROSI starting on July 8th, 2008 at 6 a.m. There is no guarantee that spots will become available in ODP301H. To meet degree and graduation requirements for June 2009, 4th year students are advised to think about completing ODP300H as an alternative.

**Fees and Payment:** Students with interim approval status in the course on ROSI (INT) must make full payment of \$185.00 by October 31, 2008 to retain their spot in the course. There will be a \$50.00 non-refundable administrative charge on any refund. If you are unable to attend the camp because of uncontrollable circumstances, please contact Darryl McSherry at 416-978-2944 no later than two weeks prior to the departure date to ensure you receive a refund minus the administrative charge. There are absolutely no refunds after the deadline and ODP fees are not transferable.

<sup>1</sup> Anyone missing the bus will have to find and pay for his/her own transportation. All Students MUST take and pay for the bus, no cars are permitted under ANY circumstances.

<sup>2</sup> See annual PHE Calendar for dates for future years.

## General Objectives:

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- Achieve competency in tandem canoe white water techniques to a level of Level 1-2 Moving Water, following standards of the Ontario Recreational Canoe Association.
- To provide the opportunity for the student to demonstrate organizational and leadership ability.
- To encourage an appreciation of nature's aesthetic values through adopting appropriate attitudes and behaviours.
- To promote self-knowledge by understanding one's personal limits within a group as well as an individual context.
- To allow the student to solve problems, thus enabling him/her to demonstrate qualities of leadership, sociability and creativity.

## Specific Objectives and Content

- Students will be required to attend 2 pre-trip educational and administrative meetings (1 hr each) Full participation in all activities at camp is mandatory, as are both meetings. Failure to attend will result in no credit and/or additional assignments

1. To learn and master white water paddling strokes and skills including:

• Entering and exiting canoe	• Landing
• Eddy out	• Peel out
• S turn	• Front ferry
• Back ferry	• Side slip
• Front surf	• Side surf (solo only)
• Portaging	• Lining, tracking and wading

2. To learn related skills necessary for white water navigation including:

swimming a rapid	retrieving a swamped canoe
canoe over canoe rescue	self rescue
line toss and rescue	communications
canoe design and construction	moving water principles (hydraulics) and river reading

## Evaluation

1. A post-trip debriefing includes an evaluation of the trip in terms of quantity and quality of experiences, including one's own contribution to the group experience. This evaluation is an integral part of the trip that is continually done throughout the experience.
2. Students must also complete a theoretical component for ODP 300 credit. An essay of approximately 2 typed pages will be assigned at camp.

***Due Date:*** The Friday after returning from camp.

***This assignment must be completed for course credit.***

## ***ODP 301 - CLOTHING AND EQUIPMENT LIST***

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- White water canoeing at this time of year can offer unpredictable weather. You must come prepared for hot and sunny weather, or cold, wet (rain or snow flurries) weather. One thing is certain: the water is quite COLD. As such, pack with enough clothing to be warm and comfortable while on land (warm jacket (windproof and/or rain proof), and wear layers.
- When you are paddling, a full-length wet suit will keep you warm. A wet suit is crucial, and can be rented at many scuba shops. A thick gauge is not required, as it limits upper body mobility. The key is full length (for warmth and comfort of your knees), and added comfort is provided by “booties” (but they are not critical).

- 2 pair pants (preferably wool, avoid blue jeans)
- 2 or 3 warm shirts
- 2 towels
- 2 woollen or fleece sweaters
- bathing suit(s)
- jacket or windproof shell
- gloves that can get wet
- eating utensils & personal water bottle
- **wet suit:** can be rented – preferably full-length with “boots”
- 2 pairs shorts
- 2 t-shirts
- 4 pairs wool socks
- rainwear (rainpants are nice to have)
- hat (baseball, wool, etc.), warm gloves
- warm sleeping bag and thermal pad (blue closed cell, Thermarest, etc.)
- footwear than can get wet and that you can swim in; one for campsite
- sunscreen
- insect repellent (Muskol recommended)
- flashlight

### **Personal Items**

- camera if desired
- soap, toothpaste, brush ,etc

### **\*YOU WILL BE GETTING WET!\***

#### **\*\*ASSUME YOU WILL BE CAMPING OUT ON TWO NIGHTS\*\***

- Clothes should be of a fast drying material (such as polypropylene e.g. LIFA, DRYFIT, or wool, which will keep you warm while drying - cotton stays wet for a long time and keeps you cold while wet).
- Wearing bathing suits rather than underwear under the wet suit;

### **Please Note:**

- PLEASE DO NOT BRING ANY KIND OF ELECTRICAL APPLIANCE. (I.E. RADIO, HAIRDRYER, WALKMAN, ETC.) LEAVE VALUABLES AT HOME.
- You should pack your clothing in large knapsacks, dufflebags, or any soft bag - suitcases are not appropriate. Be prepared for the worst weather; bring gloves, hats and extra clothing just in case!!

### **Sources of Equipment & Clothing for Outdoor Projects**

There are a number of stores which supply clothing and equipment relating to outdoor recreation and camping. Some items can be found at stores like Canadian Tire, whereas other more specialized and “high-end” items are best purchased at stores specializing in this area.

A complete equipment & clothing list will be distributed at the mandatory meeting.