

# Kayaking Clinic Handout

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## Outdoor Adventures, UREC

In alliance with University Recreation's mission to engage the ASU campus community, Outdoor Adventures offers a variety of Educational Clinics. These clinics are intended to promote self-efficacy, leadership qualities, technical backcountry camping skills, and emotional and physical well-being. The following is what participants can expect to learn on this particular clinic.

- Have fun!
  - Meet new people on campus
- Description of types of kayaking
  - Flat water
  - White water
  - Touring
- Boat Orientation
  - Technical kayak terminology
  - Paddle orientation
- Lifejacket Orientation
  - Proper fitting for lifejacket
- Proper Lake Entry
- Paddle Strokes
  - Forward/Backward
  - Sweep stroke (turning)
  - Draw stroke (side to side movement)
  - Bracing stroke
- Water Re-entry
- Lake Regulations
  - Proper lake lifejacket
  - Stick to the shore
- Lake etiquette
  - Right of way
  - Environmental impact
  - Touring