



PRT 1323-001 Sea Kayaking  
Spring Semester 2021  
Virtual First Class: March 22nd 6-9 **Zoom Link Will Be Provided**  
Field Session: April 8th - 11th 2021 Lake Powell, UT  
2.0 credit hours or non-credit

**Instructors:** Ren Barrus 801-678-2446 rm3arrus@gmail.com  
Julianne Barrus 801-628-4290

**Program Coordinators:** Nate Bricker and Nate Furman 801-581-8542  
Office: Annex C Room 1106

**Covid 19:**

- You may participate in this U-EXPLORE class if:
- You have had no fever for at least 72 hours (3 full days of no fever without the use of medicine that reduces fevers)
- You do not have any other flu-like symptoms (for example, cough or shortness of breath)
- At least 7 days have passed since your symptoms first appeared
- You have not had contact with anyone who is COVID positive (including the 5 days before they were positive) for 14 days.
- After reading and signing both the assumption of risk form and attestation form you accept all the risks both known and unknown associated with this class

**Course Description:**

Attendance at first class meeting is **mandatory**. Drops not possible after the 2nd day following this meeting. Overnight camping. Intro to sea kayaking which will include basic paddling strokes, rescue techniques, LNT, camping, and local geological and historical information.

*Meets with:* PRTW 323

**Potential Field Agenda/General Topics:**

Boat Packing, Paddle strokes, Tour Safety, Route Selection, Maps and Navigation, Campsite Selection, Camp Craft, LNT, Self-Care, Expedition Behavior, Discussions, , and Feedback.

**Student Learning Outcomes:**

By the end of this course, you will be able to:

- Plan, prepare for, and execute a sea kayaking trip
- Travel and camp efficiently and comfortably in and out of a sea kayak



- Demonstrate proper stroke and rescue techniques
- Select a safe and durable campsite
- Demonstrate Leave No Trace ethics

### **Teaching and Learning Methods:**

This course will be a combination of lecture, experiential activities, skill assessments, and group debriefs.

### **Course Policies:**

1. Students are required to attend all class and field sessions.
2. Participate fully in all classroom and in-field sessions. Leaving early or arriving late is not acceptable.
3. Pass an instructor assessment of the skills learned and teach one facet of outdoor living. Lesson plan required.
4. Required Readings: "Leave No Trace," "Public Lands in Utah" (handout)
5. Required Video: <http://www.youtube.com/watch?v=5eCytLfHaPw>

### **Essential Paperwork:**

Each student must sign a *University of Utah Participant Agreement, Release, and Acknowledgment of Risk*. Read it carefully before signing, as it lists many of the risks present. Students have responsibility for their own welfare and safety on this course. **Forms must be handed in before the field session begins!**

### **Assignments:**

#### **Lesson Plan | Teaching Moment**

You will be assigned a lesson to research, prepare, and teach the group. You will be provided with a template to follow on how to prepare this lesson. You will know when and where you're teaching your lesson.

#### **Skills Assessment**

This is an extremely experiential hands on course and as such you will need to take the skills learned seriously. On the fourth day you will be assessed on your proficiency in sea kayaking, rescues and LNT camping. The level of proficiency is appropriate for a level entry course such as this. There won't be anything that's asked of you that you haven't learned and have had ample time to practice.

### **Course Itinerary:**

**Thursday, April 9th**



*8:00am:* Meet at The Student Life Center in front of Outdoor Adventures. Be packed, dressed for travel, and ready to hand in any required paperwork. We will load the boats as a team.

*9:00am:* Depart for BYU to pick up and load the remaining boats.

*10:30am:* Depart for Lake Powell. Meet at Stan's Burger Shack for lunch in Hanksville, UT.

*2:30pm:* Depart for the Stanton Creek Camping Area.

*4:00pm:* Unload boats, equipment, and set up camp.

*5:30pm:* Instructor Lessons

*7:00pm:* Dinner, group, and day plan.

### **Friday, April 8th**

**The A.M.** Breakfast, break down camp, and dress to get to wet. Safety talk, boat launch, paddle strokes, then practice. Instructors will demonstrate a wet exit, self-rescue and partner rescue. Students will then practice. We'll beach the boats, sponge them out, dry out and have lunch.

**The P.M.** Pack our boats, launch, review strokes with the boats loaded and head to camp 3 miles away. Camp tour, unload equipment, set up and have free time until dinner. Instructor Lessons followed by group debrief.

### **Saturday, April 9th**

**The A.M.** Early morning yoga (optional), breakfast, prep for the day, and weather permitting paddle into Moqui Canyon where we will spend most of the day.

**The P.M.** Dinner back at camp, debrief, day plan.

### **Sunday, April 10th**

Break camp, load boats, go through the skills assessment and paddle back to cars. Clean equipment, load trailer and depart for Salt Lake. Meet at the OA to clean and store boat's (**required** for those who rented from the OA)

#### **Equipment:**

Each student is responsible in obtaining their own sea kayak, paddle, and PFD. As well as any other equipment necessary for the field session. Much of this gear can be rented from Outdoor Adventures on campus. Make reservations the week of the course. (801) 581-8516. Kayaks can also be rented from BYU 801-422-3805. **Let the staff know you're on this course, there's a 30% discount, and that the boats will be coming back on Sunday per Gardner Kearsley (Manager).**

**Make sure rented equipment fits and works properly. Assume Nothing Ever. Tents will be checked at the OA.**

#### **Personal**

- Bag/Dry Sacks
  - Large Duffle (Beach bag)



- o Food Bag
  - o Clothes bag (Lined)
  - o Day bag/pack
- 0 -30 degree F sleeping bag
- Sleeping Bag Stuff Sack (Lined)
- **Closed cell foam sleeping pad**
- 2<sup>nd</sup> sleeping pad recommended
- Sun Hat/Ball Cap
- Bandana/Buff
- Thin gloves
- 'Wet' Outfit
  - o Swim suit
  - o Long Sleeve Shirt
  - o Shoes to get wet
- Dry/Camp Outfit
  - o Synthetic pants
  - o Long sleeve shirt
  - o Mid-layer
  - o Puffy/Jacket
- **Rain Jacket**
- Three pairs of socks
- **Sunglasses**, sunscreen, lip balm
- Headlamp or flashlight
- Toiletries: toothbrush, paste, meds, feminine hygiene kit, toilet paper, zip lock bag
- Two one-liter water bottles
- Cup, Bowl, Spoon

#### Optional

- Camera
- Knife
- Small book/journal
- First Aid Kit
- Camp Chair/Crazy Creek
- Towel

#### Group

- 2-3 person Tent (3 or 4 Season) **Generic Dome tents not acceptable.**
- Poles
- Stakes
- Rain fly
- Ground tarp
- **50' extra Para cord for anchoring (mandatory)**
- Stove (windscreen, heat reflector highly recommended)
- Fuel
- Pot(s)



- Cooking Utensil
- Pot Grips or Pliers
- Biodegradable Soap (For hands NOT Dishes)

### Food

- 3 breakfasts
- 4 lunches
- 3 dinners
- Snacks
- Hot Drinks: Coffee, Cocoa, Tea, instant soup, etc.
- High Calorie with some fat, especially for dinner. Eliminate all packaging (trash) ahead of time.
- Travel to and from Trailhead
- **Food in cans or glass not recommended.**

### **OTHER INFORMATION:**

**Covid-19:** Based on CDC guidelines, the University requires everyone to wear face coverings in shared public spaces on campus, including our classroom. As a reminder, when I wear a face covering, I am protecting you. When you wear a face covering, you are protecting me and all of your classmates. If you forget your face covering, I will ask you to leave class to retrieve it. If you repeatedly fail to wear a face covering in class, I will refer you to the Dean of Students for a possible violation of the Student Code and a “no-credit” (NC) on your transcripts. Note that some students may qualify for accommodations through the Americans with Disabilities Act (ADA). If you think you meet these criteria and desire an exception to the face covering policy, contact the Center for Disability and Access (CDA). Accommodations need to be obtained prior to the first day of class so that I am notified by CDA of any students who are not required to wear a face covering. Face coverings (cloth masks, scarves, gaiters, bandanas) are expected to cover the nose and mouth, except in approved circumstances, in all common areas, in campus buildings such as hallways, restrooms, lounge areas, classrooms, conference rooms, etc. Face coverings must cover both the nose and the mouth. Plastic face shields do not meet this requirement.

Please plan to have a clean face covering to wear each day in the field as needed. We will be in the field for 3 days, so that means you should have 3 face coverings. It is always a good idea to have extra face coverings in the event one is damaged, lost, or inadvertently compromised.

For more information on face coverings please visit

<https://healthcare.utah.edu/healthfeed/postings/2020/04/face-masks.php>

**Safety/Injury/First-Aid Information:** All activity classes pose a certain risk to the participant. Both traumatic event injuries and long-term stress injuries are possible. Possible hazards include, but are not limited to, cold temperatures, sharp rocks, tree fall, tree wells, animals, vegetation, avalanches, steep slopes, slick terrain, cold and/or frozen water terrain, fellow students, and



yourself. Refer to liability release and your instructors for more details. If any student has a pre-existing injury, illness or conditions that would be contrary to the strenuous activities described, it is the students' responsibility to withdraw from the class. All students must conduct themselves in a reasonable and prudent manner at all times. Be aware and avoid hazardous situations. No student is required to do anything that the student feels is unsafe or above their ability level and this is a "challenge by choice" experience. Inform the instructor(s) if this situation develops. In case of any accident, please inform the instructor(s) immediately. Students are recommended to carry their own personal first aid kits. Please do not leave the group on your own; always check-in with the instructor(s) if you need personal time away from the group.

**Alcohol, Drugs, Pets & Firearms:** Non-enrolled persons, and electronic devices are not allowed. Leaving the group without permission, destructive/damaging/unsafe behaviors are not allowed at any time during this course. All of the above are grounds for dismissal and a failing grade. Transportation is up to the students. Participants and drivers must sign a waiver. If you smoke, please be considerate of others and smoke away from the group. All cigarette butts and waste associated with smoking must be carried out. No illegal drugs are permitted during this course. Excluding service animals, pets and other animals are not permitted - see the instructor for more information. Service animals in certain exclusion areas (like the Cottonwood Canyons) may require special permits. If a permit is required it is up to the student to apply for and present the required permits before the class departs for the field. Firearms are prohibited except as expressly permitted by law.

**The Americans with Disabilities Act:** The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities. If you will need accommodations in this class, reasonable prior notice needs to be given to the Center for Disability & Access (CDA; <http://disability.utah.edu/>; 162 Olpin Union Building; 801-581-5020). CDA will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in an alternative format with prior notification to the CDA.

**Addressing Sexual Misconduct:** Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran's status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 135 Park Building, 801-581-8365, or the Office of the Dean of Students, 270 Union Building, 801-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to the police, contact the Department of Public Safety, 801-585-2677(COPS).

**The Code of Student Rights and Responsibilities:** The code, which specifies student rights as well as conduct involving cheating, plagiarism, collusion, fraud, theft, etc., is provided at <http://regulations.utah.edu/academics/6-400.php>.



**Wellness Statement:** Personal concerns such as stress, anxiety, relationship difficulties, depression, cross-cultural differences, etc., can interfere with a student's ability to succeed and thrive at the University of Utah. For helpful resources contact the Center for Student Wellness, <http://wellness.utah.edu/>; 801-581-7776.

**Drop/Withdrawal:** The last day to withdraw from this class is Two Days after First course meeting. Please check the academic calendar for more information pertaining to dropping and withdrawing from a course. Withdrawing from a course and other matters of registration are the student's responsibility.

**Veterans Center:** If you are a student veteran, I want you to know that the U of Utah has a Veterans Support Center on campus. They are located in Room 161 in the Olpin Union Building. Hours: M-F 8-5pm. Please visit their website for more information about what support they offer, a list of ongoing events and links to outside resources: <http://veteranscenter.utah.edu/>. Please also let me know if you need any additional support in this class for any reason.

**LGBT Resource Center.** If you are a member of the LGBTQ community, I want you to know that my classroom is a safe environment. Additionally, please know that the U of Utah has an LGBT Resource Center on campus. They are located in Room 409 in the Olpin Union Building; their hours are M-F 8-5 pm. You can visit their website to find more information about the support they can offer, a list of events through the center and links to additional resources: <http://lgbt.utah.edu/>. Please also let me know if there is any additional support you need in this class.

**Learners of English as an Additional/Second Language:** If you are an English language learner, please be aware of several resources on campus that will support you with your language development and writing. These resources include: the Writing Center (<http://writingcenter.utah.edu/>); the Writing Program (<http://writing-program.utah.edu/>); the English Language Institute (<http://continue.utah.edu/eli/>). Please let me know if there is any additional support you would like to discuss for this class.