

**SAN FRANCISCO STATE UNIVERSITY
RECREATION, PARKS AND TOURISM DEPARTMENT**

<i>Semester:</i>	Spring 2016	<i>Professor:</i>	Benjamin Kumli		
<i>Course #:</i>	RPT 161 - section 01	<i>Office:</i>	HSS 335		
<i>Course Title:</i>	Lake & Sea Kayaking	<i>Phone:</i>	415.405.2816	<i>Fax:</i>	415.338.0543
<i>Schedule #:</i>	8831	<i>E-mail:</i>	benkumli@sfsu.edu		
<i>Units:</i>	1	<i>Web:</i>	iLearn		
<i>Location:</i>	HH 667 (Classroom), Lake Merced (San Francisco, Big Break Regional Shoreline (Oakley), and Angel Island State Park (Belvedere Tiburon)	<i>Department:</i>	Recreation, Parks and Tourism		
<i>Day(s):</i>	SFSU Classroom: Mondays Feb. 1st & 8th Field Kayaking: Saturdays or Sundays March 5th, April 24th, & May 14th-15th (overnight)	<i>Office:</i>	HSS 307		
<i>Time:</i>	SFSU classroom: 4:10pm-6:55pm Field Kayaking: 9:30am-4:30pm	<i>Phone:</i>	415.338.2030	<i>Fax:</i>	415.338.0543
<i>Office Hours:</i>	Mondays 3:00pm-4:00pm and by appointment	<i>E-mail:</i>	recdept@sfsu.edu		
		<i>Web:</i>	http://www.sfsu.edu/~recdept		

I. BULLETIN DESCRIPTION

Pre-Requisites: Able to swim 25 yards.

Description:

Understanding basic theory, strokes, safety practices and development of skills in lake and sea kayaking. Topics include paddle strokes, boat handling, hazards, capsize recovery, trip planning and wildlife observation.

II. THREE KAYAKING TRIPS

- **ALL KAYAKING TRIPS ARE MANDATORY. PLEASE DROP THE COURSE IF YOU CANNOT ENTIRELY ATTEND ALL OF THEM.**
 - i. After the first 30-minute grace period, every 60 minutes of not participating in an field trip will be a **loss of 5 points** (5% of final grade).
 - ii. Official excuses (per university policies) will be accepted with a make-up activity.
- **Kayaking at Lake Merced: 9:30AM-4:30PM, Saturday March 5th, 2016** in San Francisco, CA
- **Kayaking at Big Break Regional Shoreline: 9:30AM-4:30PM, Sunday April 24th, 2016** in Oakley, CA
- **Overnight Kayaking/Camping Trip at Angel Island State Park: 9AM Saturday May 14th, 2016 to 5PM Sunday May 15th, 2016** in Belvedere Tiburon, CA

III. LEARNING OUTCOMES

Upon completion of this course students are expected to demonstrate the following:

- A. Basic sea kayaking strokes and boat handling skills
- B. Potential hazards and safe kayaking practices
- C. Competency in trip planning, considering water and weather conditions
- D. Knowledge of California boating laws
- E. Observing wildlife and minimizing impacts to them

IV. READING PACKET (REQUIRED)

Each student must purchase a copy of the RPT 161 Lake and Sea Kayaking Reading Packet from the SFSU bookstore. Purchase information will be discussed at the first class meeting. BRING TO EVERY SESSION.

V. COURSE STRUCTURE

There will be two classroom meetings and lectures on February 1st and February 8th from 4:10pm-6:55pm in HH 667. Students must attend both classroom sessions or they will be required to drop the class. In addition, there will be three on-water field kayaking trips that will be held at Lake Merced (March 5), Big Break Regional Shoreline in Oakley (April 24), and an overnight kayak/camping trip to Angel Island State Park in Belvedere Tiburon (May 14-15). At the start of the March 5th class each student will be required to take a basic swim test in the lake while wearing a Personal Floatation Device (lifejacket). Each class will include both lectures on kayaking basics, kayaking safety and theory in addition to applied practice of kayaking techniques on Lake Merced, San Joaquin Delta and the San Francisco Bay. After the skills are acquired, students will be responsible for rigging and re-rigging boats at the beginning and end of each class. Students will also be expected to demonstrate skills in basic kayaking on the lake and in moderate weather and sea conditions. On-water sessions are essential for skill development and will include a progression in skill-building. Students must provide their own transportation to/from kayaking trips. Students must sign a standard field trip waiver for each outing. **There is an additional course fee of \$45 for the day-trip to Big Break Regional Shoreline (\$45 due March 5th) and \$160 for the overnight kayak/camping trip to Angel Island State Park (\$80 deposit due February 8th, and remaining \$80 due April 24th – this price does not include food).**

VI. ASSIGNMENTS AND COURSE REQUIREMENTS

Each student is required to attend class sessions, turn in assignments and participate in class activities (see below). Everyone must take a basic swim test in the lake while wearing a PFD. Each student must purchase the RPT 161 Lake and Sea Kayaking Reading Packet. We will discuss Reader purchases in class.

ASSIGNMENTS

Chapter readings and homework (completion of worksheets) will be assigned for most classes. The course will include homework and a final skills assessment. Trip preparation (such as water, food and proper clothing as listed in the Packing List) for paddling days will be considered as homework and mandatory for passing the course.

VII. EXAMINATIONS

There will be two written exams and one final skills assessment (practical) on the final. The final kayaking exam will be based primarily on demonstration of kayaking and trip planning skills during our overnight on Angel Island.

Exams	Date Given	Maximum Points	% of Grade
Online Safe Kayaking Quiz	Due Feb 8	20	10
Trip Planning Quiz	March 5	20	10
Worksheet Homework	Most Classes	20	10
Skills assessment	May 14-15	40	20
Total (both)		100	50

VIII. CLASS ATTENDANCE AND PARTICIPATION

Attendance is extremely important as the curriculum relies almost entirely on the demonstration and practice of techniques and skills. Students must attend the first two classroom sessions on February 1 and February 8, or they will be required to drop the class. Attendance on all class trips is mandatory in order to pass the class. If you miss more than four hours of course time, you must withdraw from the course. If you miss the maximum 5 hours of the course your Participation and Attendance grade will be 0%. If a student attends all class sessions and participates actively they will earn 50 attendance points. Students will have 5 points subtracted from their Participation grade for every hour missed, with a maximum of 50 points subtracted for 5 hours missed. Class will always be held on a scheduled day. If weather conditions do not allow for safe boating, such as extreme wind or fog, class will be held inside or at an alternative location.

You are expected to arrive at class at or before the starting time and help to rig the kayaks. On-water classes will take place off campus at Lake Merced (Mar 5), Big Break Regional Shoreline in Oakley (Apr 24), and Angel Island S.P. in Belvedere Tiburon (May 14-15) so allow plenty of time to arrive at class on time. Consistent tardiness will result in a deduction of participation points. Public transportation is available to all sites except Big Break Regional Shoreline. Carpools will be arranged for traveling to Big Break if possible. It is mandatory to attend all class sessions. Each student is expected to remain in class throughout the entire period and help to clean, de-rig and store the boats. If there is a personal emergency where you need to leave an on-water class early, you **MUST** always notify the instructor before you leave the area.

Participation in class activities is vital to the development of kayaking skills. Students are expected to participate in class, including but not limited to; rigging and de-rigging of boats and on-the-water practice. Students will earn up to 50 participation points if they arrive on time, always assist in rigging and de-rigging of boats, and actively participate in on-the-water practice. There are no opportunities to make up missed sessions, as the kayaks are not available for use outside of class times. Students are required to not use cell phones, iPods, to remove head phones during class, and are urged not to bring these devices on a kayak. However, cameras (or phones being used as cameras) will be allowed.

IX. GRADING (*This course can only be taken for Credit/No-Credit. Letter grades are not given)GRADING:

	<u>Points</u>	<u>Percent</u>	<u>SCALE:</u>
Trip Planning Exam	20	10	CR 70-100 %
Safe Kayaking Exam	20	10	NC 0-69 %
Homework	20	10	
Skills Assessment	40	20	
Participation	50	25	
Attendance	50	25	
Total	200	100	

X. POLICIES

Final Exam: According to Academic Senate policy F76-12 a time period is set aside at the end of each semester for a formal examination period. All classes are expected to meet during the final examination period whether an examination is given or not. The final examination schedule is published each semester in the Class Schedule. http://www.sfsu.edu/~acadres/final_exams/finals16.htm

CHSS Withdrawal Policy: The last day to drop a class is February 9, 2016 until 11:59pm. Starting February 10 – April 26, 2016, you must submit a paper withdrawal petition. Withdrawal from a class starting February 10, 2016 will be considered for *serious and compelling* reasons only and **must have accompanying documentation**. The following reasons are **not** considered *serious and compelling*: Changing your major, poor performance, class not required for graduation/major, not attending class or more time needed for other classes. If you wish to withdraw from class due to unexpected changes in your work schedule, illness or family emergencies, **documentation will be required**, along with a copy of unofficial transcripts. Submit your petition **within a reasonable timeframe (e.g., within 2 weeks of a change in work hours.)** From April 27 – May 17, 2016, you may not withdraw from a class or the University, except only in the case of a **serious** documented illness or verified accident.

Withdrawals **cannot** be initiated electronically and must be submitted using a paper application. All electronic submissions of withdrawals will be denied automatically by the associate dean. **You are only allowed to withdrawal from a maximum of 18 units and take a class no more than 2 times at SF State.** Approval from the instructor and/or chair does not constitute automatic approval from the associate dean so continue attending class until a decision is made. Please refer to the following website for further information on withdrawal policies: <http://chss.sfsu.edu/src>

CR/NC Option (*Not optional for RPT 163): The last day to request CR/NC option is March 20, 2016 until 11:59pm. The Associate Dean will not approve requests for changes if you miss this deadline.

Late Add Policy: The period to add classes via permission numbers is January 27 – February 9, 2016. The period to add classes by Exception is February 10 – February 23, 2016. It is your responsibility to procure a late permission number from your instructor and add the class. Faculty cannot add you into a class. Starting February 24, 2016, a Waiver of College Regulations form must be signed by your instructor, Chair and CHSS Associate Dean to add. This will be approved only if there was an administrative error.

Check your registration through SF State Gateway: Sign up for CR/NC, drop and add classes by the appropriate deadline online through *SF State Gateway*. ALWAYS check your registration after making any changes and BEFORE deadlines to be sure you are registered properly for your classes. Deadlines for all registration procedures, including withdrawals and requests for credit/no credit, are listed in the class schedule and will be strictly adhered to by the instructor, the Department Chair and the Associate Dean of College of Health & Social Sciences. **It is ALWAYS the student's responsibility to ensure their schedule is correct, even if the instructor indicates they will drop you.**

This can be viewed on the Registration Calendar at the following website:

<http://www.sfsu.edu/~admisrec/reg/regsched2163.html>

Disability Programs and Resource Center: Students with disabilities who need reasonable accommodations are encouraged to work with the instructor and contact Disability Programs and Resource Center (DPRC). They are located in SSB 110, can be reached by telephone at 415-338-2472 (voice/TTY) or by e-mail at dprc@sfsu.edu.

Student Disclosures of Sexual Violence: SF State fosters a campus free of sexual violence including sexual harassment, domestic violence, dating violence, stalking, and/or any form of sex or gender discrimination. If you disclose a personal experience as an SF State student, the course instructor is required to notify the Dean of Students. To disclose any such violence confidentially, contact:

The SAFE Place - (415) 338-2208; http://www.sfsu.edu/~safe_plc/

Counseling and Psychological Services Center - (415) 338-2208; <http://psyservs.sfsu.edu/>

For more information on your rights and available resources: <http://titleix.sfsu.edu>

CHEATING: Academic cheating and plagiarism is defined as; presenting as your own work, material produced by or in collaboration with others, or permitting or assisting others to present your work as their own without proper acknowledgment. Students who cheat will receive 0 points for that exam or assignment. A second offense will result in 0 points and a referral to the dean's office.

REC 161.01 LAKE & SEA KAYAKING Spring 2016 SCHEDULE*

Exam, Assignment and Other Dates May Change, See iLearn Site For Most Current Schedule**

DATE	TOPICS	ASSIGNMENTS
MON 2/1	Course overview Intro to kayaking and equipment Safe kayaking practices Attendance mandatory or you will be dropped from class!	Meet in HH 667. Class is 4:10pm-6:55pm. <u>Must buy RPT 161 Reading Packet – We'll discuss details in class.</u>
MON 2/8	Cold water immersion and hypothermia. Trip prep, waivers, logistics and carpooling. Attendance mandatory or you will be dropped from class!	Meet in HH 667. Class is 4:10pm-6:55pm. <u>Bring Reading Packet to class.</u> (Readings must be done before class) Assigned reading: Sections 1-12
SAT 3/5	On-water practical skills at Lake Merced Basic kayaking strokes, maneuvers and skills Loading and unloading kayaks Rigging and safety checks Signals (Paddle and Hand) Introduction to rescues Trailer loading	Meet at Lake Merced Boathouse (1 Harding Road in San Francisco) Class is Saturday 9:30am-4:30pm. <u>Review packing list for paddling on iLearn.</u> Wear clothes that even wet, will keep you warm. Bring food for lunch and snacks. Complete Safe Kayaking Quiz (online) before class – Quiz on assigned readings and prior lecture (Readings must be done before class) Assigned reading: Sections 13-18 & 20
SUN 4/24	Introduction to paddling on the Delta Pleasures/hazards of bay and ocean kayaking Safe practices in the bay and ocean Tides, currents, wind and waves, local weather, and trip planning	Meet at Big Break Regional Shoreline Visitor Center (69 Big Break Road in Oakley, CA 94561) Class is Saturday 9:30am-4:30pm Wear clothes that even wet, will keep you warm. Bring food for lunch and snacks. (Readings must be done before class) Assigned reading: Sections 21-23, + review 13-17 Worksheet #1 Due
SAT 5/14	Apply kayaking skills and safety practices on San Francisco Bay Review trip planning, group management, wildlife observation and best practices	Meet at Schoonmaker Beach – or ETC – in Sausalito (85 Liberty Ship Way Sausalito, CA 94965) Class is Saturday 9:30am-Bedtime Wear clothes that even wet, will keep you warm. Bring meals for small group starting with lunch Saturday and ending with lunch on Sunday. (Readings must be done before class) Assigned reading: Review Sections 21 & 22
SUN 5/15	Personal Solo Final Kayaking Exam	Class is Sunday Wakeup-4:30pm Worksheet #2 Due Final Skills Exam will be conducted on trip to the Island and back

* We will always hold class on a scheduled day. We kayak in all but extremely windy or foggy conditions. If weather conditions do not allow for safe boating we will still hold class inside (at Lake Merced Boathouse) or the instructor will contact you in advance and shift to a safer location.

** Each on-water session will have a 1-hour lunch break (except Angel Island trip).

*** Classes held on Lake Merced, Schoonmaker Beach and Angel Island may encounter variable weather and water conditions. In the interest of your safety, the instructor may shift locations with advance notice.
You must be prepared and have proper clothing for variable weather conditions.



Department of Recreation, Parks, and Tourism
College of Health and Human Services

RPT 161.01 – Lake and Sea Kayaking

Student Contract
(Please write LEGIBLY)

Name: _____

E-Mail: _____

Major _____

Phone: _____

Anticipated Grade (circle one): CR / NC

Course: RPT 161.01

I, _____, was instructed by Prof. Kumli to thoroughly review the syllabus with special attention to both class and university policies. My signature on this contract verifies that I have thoroughly read and understand the syllabus and what is expected of me in this class. Further, I understand it is my responsibility for obtaining all course material, submitting all course requirements, and to conduct myself in a responsible and respectful manner while in class. In addition, Prof. Kumli reviewed the syllabus in class and provided all students present with the opportunity to clarify and ask questions.

I have read the syllabus thoroughly and understand all policies and expectations.

Signature

Date

What I expect from Prof. Kumli:

