

COLLEGE OF
THE ROCKIES

MAST-167 – Introduction to Whitewater Kayaking

Business

Effective Term & Year: Fall 2022

Course Outline Review Date: 2025-03-01

Program Area: Tourism, Recreation, & Hospitality

Description:

This course is designed to develop skills at the novice whitewater kayaking level. Students are educated in safety issues as well as equipment design and use. Instruction is provided in flat water techniques, progressing into gentle whitewater and river running procedures. This course prepares the student to safely progress to grade three whitewater and covers theoretical knowledge and practical application of whitewater kayaking skills.

Program Information:

This course is an elective running concurrently with MAST 166 Whitewater Raft Guide Training 2.

Delivery Methods: On-campus (Face-to-Face), Practicum

Credit Type: College of the Rockies Credits

Credits: 2

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	50

Co-op/Work Experience	
Other	
Total	50

Course Requisites:

- Complete all of the following
 - Completed the following:
 - [MAST145](#) – Whitewater Raft Guide Training 1 (2)
 - Completed or concurrently enrolled in:
 - [MAST166](#) – Whitewater Raft Guide Training 2 (2)

Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Suggested Reading:

Whiting, Ken and Varette, Kevin, *The Ultimate Guide to Whitewater Kayaking*, Heliconia Press.

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks

Learning Outcomes:

Upon the successful completion of this course, students will be able to

- Recognize common features and hazards in the whitewater environment;
 - Perform a self-rescue in moving water;
 - Demonstrate effective whitewater kayaking strokes in moving water: forward and backward strokes, sweeps, draws, braces and combination strokes;
 - Demonstrate effective whitewater kayaking maneuvers in moving water: S-turns, C-Turns and ferries;
 - Re-right a capsized kayak by performing a kayak roll or T-rescue in flatwater or moving water;
 - Assess the navigability of a section of whitewater based on hazard identification and mitigation strategies;
 - Accurately self-assess ability to navigate whitewater sections in a controlled manner;
 - Demonstrate decision making skills and leadership initiative in camp and in the river environment; and
 - Demonstrate self-care for optimum learning and personal performance in a river environment.
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Course Topics:

- Introduction to sport of whitewater kayaking
- Introduction to whitewater kayaking equipment
- River features, hazard identification and risk mitigation strategies
- International scale of river difficulty
- Fundamental whitewater kayaking strokes
- Fundamental whitewater kayaking maneuvers
- Self-rescues
- Kayak roll & T-rescues
- River running strategies and group management
- Rapid scouting and portaging
- Planning a whitewater kayaking trip
- Logbooks

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Demonstrated of basic kayak skills	70%
Demonstration of positive leadership skills	30%
Total	100%

Grade Scheme

COM	NCG
Completed to the minimum defined standard	No credit granted – less than minimum defined standard

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

Equivalent Course(s) and Course Code Changes

Equivalent Course: Students who have received COTR credit for MAST 167 may not receive additional credit for ATBO 131.

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete

material while meeting the learning outcomes of this course outline.