

SACRAMENTO STATE  
***AQUATIC CENTER***

**SUMMER CAMP  
INSTRUCTOR  
HANDBOOK**

**Last Edited: June 2020**

# SACRAMENTO STATE **AQUATIC CENTER**

A PROGRAM OF ASSOCIATED STUDENTS, INC.

## **ABOUT THE AQUATIC CENTER**

The Sacramento State Aquatic Center is a cooperative operation of the Associated Students Inc. of California State University, Sacramento, the University Union of Sac State, California Department of Boating and Waterways, California Department of Parks and Recreation and sits on Federal Bureau of Reclamation land. The center was established in 1981 and has provided instruction to thousands of students. The center offers university kinesiology classes, leisure classes for the general public, competitive teams, and a series of progressive summer camps and youth programs. The center was established to augment the academic curriculum at Sacramento State. The Aquatic Center is open to students, faculty, staff, and alumni of Sac State as well as the general public. All students, faculty, staff, and alumni of Sac State receive a discount with their Sac State identification card. Our facility occupies eight acres of land and is one of the finest in the state. Features include: beach area, picnic tables, barbeques, four docks, classrooms, and convenient parking.

The Aquatic Center is a regional boating instruction safety center as part of a program funded by the California Department of Boating and Waterways. The Department of Boating and Waterways funds boating facilities, boating safety education, and supports boating law enforcement in California. A portion of the equipment at the center is provided by the department to enhance boating safety education in California.

## **A CAPSULE HISTROY OF THE HOME OF THE AQUATIC CENTER**

### **Briefly Summarized By: Bob Whitford**

When Congress appropriated the funds to build the Folsom Dam in the early 1950's, the Sacramento area finally had flood protection, waters storage and hydro-electric power it sought for decades. As part of that project a dam and catch basin was built that would help regulate the downstream area of water released into what would forever be called the "Lower American River". Thus, Nimbus Dam and Lake Natoma were built.

Mitigation was required to protect the thriving salmon and steelhead runs which returned annually to their spawning grounds, now blocked by Nimbus Dam. The Bureau of Reclamation built and maintains a hatchery which is operated by the California Department of Fish and Game.

In the mid 1970's, a collaborative group of water users and consumers partnered with the Bureau of Reclamation to build a canal (the Folsom South Canal) leading from Lake Natoma and terminating at SMUD's nuclear power plant, Rancho Seco. This diversion of water from the Lower American was ruled illegal and the dewatering ordered to stop.

It is at the head of the Folsom South Canal that an eight acre peninsula was formed. The peninsula was first home to the project headquarters for the construction crew building the canal, then the peninsula was turned over to California State Parks where the California Conservation Corps used the facility to build park signs and picnic tables. In the 1980's the use of this facility waned and became surplus. In 1981, the Associated Students of California State University, Sacramento (ASI) in collaboration with the University Union and State Parks reached a land use agreement and the Sac State Aquatic Center relocated from their temporary home up lake to the little eight acre peninsula and established a permanent home.

Just before the turn of the millennium, the Sac State Aquatic Center received a capital improvement grant from the California Department of Boating Waterways (DBAW) to build a flagship Boating Instruction and Safety Center (or BISC). For five years the Aquatic Center maintained operations while transforming from the out grown small metal building to a state of the art multi-use campus. In 2003 the realization of many hopes and dreams was opened to the public serving the mission of the Associated Students, Sacramento State University, DBAW, and the community of the greater Sacramento area.

# SACRAMENTO STATE **AQUATIC CENTER**

## **MISSION, VISION AND CORE VALUES**

### **Sacramento State ASI Mission Statement**

Associated Students, Inc. serves as the official governing body of the Sacramento State students and through operation and sponsorship of programs and services meets the varied needs of students. We provide experiential education, leadership opportunities, student representation, various business and recreational services, campus life programs and activities that support the campus and greater Sacramento community.

### **Sacramento State Aquatic Center Mission Statement**

To provide high quality boating and safety programs through education, recreation and competition.

### **Sacramento State Vision for the Aquatic Center**

To create a nationally recognized aquatic program and facility that will increase the status of the University and its degree's.

### **Aquatic Center Core Values**

**A** - Assure the Public a Safe Environment

**Q** - Quality Instruction

**U** - Understand our Partners

**A** - Accountability

**T** - Team Work

**I** - Integrity

**C** - Customer Service





# **Boating Education Classes & Camps**

## **CURRENT OPERATING PROGRAMS**

### **RECREATIONAL CLASSES**

Sailing, Windsurfing, Canoeing, Kayaking, Rowing, Wakeboarding, Water Skiing, Jet Skiing, Stand-Up Paddling, Power Boating, Trailing.

### **YOUTH PROGRAMS**

Summer camp, after school programs, daily youth groups, team building, birthday parties, and reservations.

### **SAC STATE KINESIOLOGY CLASSES**

Olympic Rowing, Sailing, Water Skiing and Wakeboarding, and Windsurfing.

### **COMPETITIVE TEAMS/CLUBS**

Sac State Women's Rowing

Sac State Men's Rowing Club

Sac State Water Ski Team

Sac State Wakeboard Team

Capital Crew Junior Rowing

Sac State Master's Rowing

Hui O Hawaii Outrigger Canoe Club (not affiliated with the Sac State Aquatic Center)

### **MEMBERSHIPS AVAILABLE**

Green & Gold (includes paddling, sailing & rowing), general affiliation, paddling membership, sailing membership, rowing membership.

### **RENTALS AVAILABLE**

Beach cruisers (bikes), kayaks, canoes, sailboats, windsurfing, Hydro Bikes, rowing wherries, stand-up paddle boards.

### **RESERVATIONS AVAILABLE**

Classrooms/meeting rooms, beach area, upper deck, and Founder's Grove picnic area.



# **Important Contacts**

<b><u>AC CORE STAFF</u></b>	<b><u>Positions</u></b>	<b><u>Cell Phone/Nextel</u></b>	<b><u>Aquatic Center Extension</u></b>
Brian Dulgar	Director	(916) 496-0082	(916) 278-1111
		BD & Cindi Home	(916) 939-0082
Cindi Dulgar	Associate Director	(916) 496-0089	(916) 278-1112
Heather Heieck	Office Manager	(916) 496-2070	(916) 278-1110
DeDe Birch	Rowing Manager	(916) 496-2168	(916) 278-1122
Ashley Kobe	Admin. Assistant	(916) 798-9680	(916) 278-1117
Bob Whitford	Facilities	(941) 302-6305	(916) 278-1118
Ross Garner	Water Front Manager	(707) 246-1546	

## **AC EXTENSIONS**

Front Office	(916) 278-2842
Fax	(916) 278-1105

## **ASI/CAMPUS**

Business Office	(916) 278-6277
Campus Operator	(916) 278-6011

## **STATE PARKS**

Gold Field District Office	(916) 988-0205
Dispatch	(916) 358-1300
Emergency Dispatch	(916) 988-7322
Nimbus Flat Kiosk	(916) 608-9496

## **MEDICAL CARE**

Folsom Mercy Hospital	(916) 983-7400
Folsom Mercy Emergency	(916) 983-7470
Urgent Care Center, Folsom	(916) 984-8244
Folsom Rapid Care	(916) 673-1200

## **HAZARDOUS MATERIALS**

Sacramento County	(916) 875-8550
Sac County After Hours	(916) 875-6990

## **FISH & GAME**

Dept. of Fish & Game	(916) 358-2877
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## **PHOTOGRAPHY**

Cindi Sullivan	(916) 952-6792
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## **FOLSOM LAKE**

Folsom Park & Rec	(916) 355-7304
Folsom Point Kiosk	(916) 985-7758
Folsom Lake Marina	(916) 933-1300



# **EMERGENCY RESPONSE CALL LIST**

1. Call 911

2. AC Emergency Line (located in B.D.'s office) : (916) 353-0911

3. Notify on-call Supervisor

- Brian Dulgar      c: (916)496-0082      h: (916)939-0082
- Cindi Dulgar      c: (916)496-0089      h: (916)939-0082
- Heather Heieck   c: (916)496-2070
- DeDe Birch      c: (916)496-2168
- Ashley Kobe      c: (916)798-9860
- Ross Garner      c: (707)246-1546
- Samantha Walker   c: (661)333-4236
- Bob Whitford      c: (941)302-6305

To be notified by Directors:

- Sandra Gallardo      (916)278-7290
- ASI Business Office      (916)278-7916

4. Notify Appropriate Agency

- CA State Parks Emergency      (916)988-7322
- CA State Parks Dispatch      (916)358-1300
- Sac State Campus Police      (916)278-6851
- Bureau of Reclamation      (916)988-1707
- Hazardous Material
  - Sac County      (916)875-8550
  - After Hours      (916)875-6990
- Animal Control
  - Sac County      (916)452-3808 #39



## AC STAFF CONTACT LIST

Core Staff	
Brian Dular	916-496-0082
Cindi Dular	916-496-0089
Dular Home	916-939-0082
Heather Wilhelmi	916-496-2070
Dede Birch	916-496-2168
Bob Whitford	941-302-6305
Ashley Kobe	916-798-9680
Samantha Walker	661-333-4236
Ross Garner	707-246-1546
Jennie-Marie Britton	661-733-2065
Ivan Sinkevich	707-999-0000

Facilities	
Kyle Kiaski	831-262-5475
Russell Moran	805-305-5950

Front Office	
Anna Chisohlm	916-967-5345
Brooke Coyne	916-873-2645
Chase Pollock	916-897-7706
Courtne Williams	661-974-6894
Daryn Katsuki	916-897-4706
Gage Sorenson	559-253-3773
Janellie Colmenares	530-645-8967
Joseph Syth	408-204-3060
Karlle Walkup	916-599-1114
Larissa Morgan	530-524-2688
Miranda Joseph	916-509-6390
Rose DiRegolo	916-662-4807
Ryann Rockwell	707-494-3447
Sierra Haro	559-708-8103

**HR Employment Verification: 88369**

Dockmasters	
Cameron Simmons	916-932-6562
Chris Hatton	916-588-5406
Donovan Cokley	916-220-3223
Eric Soto-Hall	916-513-8157
Gio Cortes	916-533-6760
Hannah Acebo	925-421-5991
Jake Smolenski	760-981-5393
John Jamison	916-220-4982
Jon Green	530-917-1604
Jonathan Gerwitz	916-218-2508
Josefine Meerjanssen	916-220-1241
Kashtin Holly	916-221-0714
Kayli Cokley	916-220-4130
Kelcie Mendonca	530-310-6632
Liv Walbeck	916-860-9385
Maximilian Rosello	916-260-1002
Mayah Navarro	909-900-6582
Megan Cann	916-541-8065
Megan Miller	916-717-3831
Michelle Dennin	916-990-5985
Patricia Booty	916-879-4105
Rachael DiRegolo	916-662-4855
Rebecca DiRegolo	916-662-4852
Riley Stalker	916-757-5237
Ryan Ripperger	916-945-0448
Uanoa Nelson	925-858-3643
Vanessa Hernandez	323-252-2029

Important Numbers	
AC Emergency Line	916-353-0911
AC Front Desk	916-278-2842
Nimbus Flat Kiosk	916-608-9496
Fish & Game Dispatch	916-445-0045
Fish & Game Office	916-385-2900
State Parks Dispatch	916-358-1300
State Parks Office	916-988-0205

Instructors	
Bruce Wilbur	916-653-1685
Gary Cook	916-962-0653
John Stroud	916-987-1987
Rick Caulk	916-296-8469
Skip Gonsalves	916-802-6614
Rick Goldberg	916-397-9437
Virginia Wilbur	916-294-2430

Sac State Coaches	
Eric Weir	209-471-8410
George Jenkins	512-916-8717
Mike Connors	916-849-6692

Rowing Coaches	
Annie Couwenhoen	443-416-1773
Chris Leonard	914-409-6545
Chris Manibusan	916-488-1045
Damon Elron	916-474-1643
Dan Carson	916-628-3493
Daniel Bohnett	916-899-1733
Julian Geluk	916-801-0175
Lauren Formigli	916-544-9373
Nate Dowty	916-934-9997
Sarah Puddicombe	510-220-7237

ASI	
Accounting	86277
Business Office	87916
Elvia Felix	83342
Gerald Tubo (IT)	83996
Jason Cortwright (IT)	82989
Leticia Campos	83690
Lisa Dalton	86784
Mari Ruiz	84366
Mark Montalvo	87917
Michael Eldridge	84049
Reuben Greenwald	82113
Sandra Gallardo	87290
Stacey Matthew	84413





# SACRAMENTO STATE **AQUATIC CENTER**

## SEASONAL HOURS

### DECEMBER – JANUARY

#### Monday – Friday

Gate Hours: 6:00am-6:00pm  
Office Hours: 9:00am-5:00pm

#### Saturday & Sunday

CLOSED

#### AFFILIATED HOURS

7:00am-11:00am

### MAY-JUNE-JULY-AUGUST

#### Monday – Friday

Gate Hours: 6:00am-9:00pm  
Office Hours: 8:00am-8:00pm

#### Saturday & Sunday

Gate Hours: 7:00am-8:00pm  
Office Hours: 8:00am-8:00pm

### FEBRUARY

#### Monday – Friday

Gate Hours: 6:00am-7:00pm  
Office Hours: 9:00am-6:00pm

#### Saturday & Sunday

Gate Hours: 7:00am-5:00pm  
Office Hours: 9:00am-5:00pm

### SEPTEMBER

#### Monday – Friday

Gate Hours: 6:00am-8:00pm  
Office Hours: 8:00am-7:00pm

#### Saturday & Sunday

Gate Hours: 7:00am-8:00pm  
Office Hours: 8:00am-7:00pm

### MARCH

#### Monday – Friday

Gate Hours: 6:00am-7:00pm  
Office Hours: 9:00am-6:00pm

#### Saturday & Sunday

Gate Hours: 7:00am-7:00pm  
Office Hours: 8:00am-6:00pm

### OCTOBER

#### Monday – Friday

Gate Hours: 6:00am-7:00pm  
Office Hours: 8:00am-6:00pm

#### Saturday & Sunday

Gate Hours: 7:00am-7:00pm  
Office Hours: 8:00am-6:00pm

### APRIL

#### Monday – Friday

Gate Hours: 6:00am-8:00pm  
Office Hours: 8:00am-7:00pm

#### Saturday & Sunday

Gate Hours: 7:00am-8:00pm  
Office Hours: 8:00am-7:00pm

### NOVEMBER

#### Monday – Friday

Gate Hours: 6:00am-7:00pm  
Office Hours: 9:00am-6:00pm

#### Saturday & Sunday

Gate Hours: 7:00am-5:00pm  
Office Hours: 9:00am-5:00pm

**CLOSED CHRISTMAS BREAK THRU NEW YEARS.**

**HOURS ARE SUBJECT TO CHANGE. PLEASE CALL FOR ACCURATE HOURS.**



# **EMPLOYMENT POLICIES**

**As an employee you will agree to the following terms and conditions:**

## **GENERAL INFORMATION**

- Know what the I.I.P.P. and M.S.D.S. stand for, what they are and where they are located.
- All certifications must be completed before employment and remain current while employed at the Sacramento State Aquatic Center including: CPR, First-Aid, California Boating Safety Certificate; Life Guard Training and class B Drivers License where they apply.
- Read and understand the Sacramento State Mission Statement, Core Values, and Policies.
- All necessary aquatic classes will be completed. This may include: sailing, windsurfing, canoeing, kayaking, rowing, jet skiing, water skiing, power boating and trailering.
- All staff should be prepared for the conditions for which they will be working. This includes bringing: proper footwear, **sun block**, sunglasses, a hat, foul weather gear, plenty of water, food and a towel.
- The Sacramento State Aquatic Center is a DRUG FREE workplace. Smoking, Chewing Tobacco or any other substance is not permitted while on the clock or on the Aquatic Center grounds.
- Wear a "Boating Safety Instructor" PFD while operating boating equipment. Remember that you are setting an example for others.

## **ATTITUDES AND BEHAVIOR**

- A positive and professional attitude is expected at all times. Negativity is not productive and not tolerated. A professional attitude means that other staff and participants should not see or know when things go wrong.
- You will be setting an example as a role model for all of the children and guests who come to Aquatic Center and participate in any aquatic and boating safety activities.
- Always remove sunglasses when talking to adults and children. Let them see your eyes.

- All staff members should never swear or curse in front of any child or client.
- We do not expect you to know everything about our programs but customers will. If the answer to something is not known, ask someone who does know the correct answer or take a message. Never give out incorrect information.
- Take pride in your work and please be responsible for your own workstation. Clean and put away any equipment, materials or trash that you or your group has used during the day.
- Be a team player and help each other out. Others will be more likely to help you out when you need it.

### **PAYROLL**

- The time clock must be used to clock-in and out from a shift and for meal breaks.
- If working a program code that is different from your default code you must manually change the codes in the time clock. If you are not sure which code you are working under please check with your supervisor.
- If working a shift over 6 hours (other than summer camp) you must clock out for a 30 minute meal period. If most of your shifts are going to be 6 hours or less you have the option to sign a meal waiver so you can work the full 6 hours without taking a meal break. To do this a meal waiver form must be signed each semester and kept on file. Summer camp counselors will have to take a working lunch since you will be supervising the children all day.
- If you have any errors using the time clock, you missed a punch or forgot to change codes please make a note in DayForce before you leave that day.
- All overtime hours must be pre-approved by your supervisor with a note in DayForce briefly explaining the reason for the overtime.

### **DRESS CODE**

- An Aquatic Center staff shirt must be worn at all times while on the clock. Since Sacramento State ASI is your employer no other college, university or logo clothing should be worn while on the clock. Staff shirts should not be worn to after hour's social events. If working in multiple program areas make sure you have on the appropriate shirt for the program area in which you are working.
- Heel strap shoes must be worn at all times when on the clock. **No bare feet or flip flops!**

- All employees must come to work well groomed and maintained. You must appear clean and professional before instructing any class or group. Any tattoos must be covered and any body piercings should be of appropriate nature. Inappropriate body piercings include: facial, belly, tongue, etc.
- Baseball caps and visors must be worn facing forward. Baggy pants, gangster apparel, clothing with inappropriate language, and clothing with rips or tears are not permitted. Clothing must also appropriately cover body parts. For example, women's tops must cover cleavage and men's and women's bottoms but not show any buttocks.
- **As a Man:**
  - The length of your hair should not go below the nape of your neck.
  - Facial hair must be well groomed and maintained. Sideburns should be cut to less than one inch.
  - All board shorts must be red or black and of appropriate length and size. Speedos are not permitted.
- **As a Woman:**
  - Hair should be of a natural color and must be pulled back from your face while working.
  - Large hoop or dangly earrings are not permitted.
  - Swimwear must consist of a red or black sport top bikini or one piece. Chest cleavage must be appropriately covered and supported. String bikinis are not allowed.
- **If you fail to meet this dress code, you may be asked to correct the issue or be sent home.**

### **Mandated Reporting**

- California Law related to Suspected Child Abuse or Neglect states that whenever in your professional capacity or within the scope of your employment you have knowledge of or observe a person under the age of 18 years whom you know or reasonably suspect has been the victim of child abuse or neglect, you must report the suspected incident. Failure to report may result in criminal penalties.
- As an ASI employee, if a program participant discloses any type of abuse (at any time previously or during the program) or an Authorized Adult has reason to suspect that the participant has been subject to such assault or abuse, the Authorized Adult, as a mandated reporter, shall
  - a) Take immediate, appropriate measures to protect the at-risk minor from further harm.
  - b) Inform the Department Director or Human Resources immediately, unless the Authorized Adult believes that the Program Director (Department Manager/Director for non-camp activities) may be involved in the allegations of assault or abuse.

- c) Notify the parent(s), unless the Authorized Adult believes that the parent(s) may be involved in the allegations of assault or abuse, of the at-risk minor regarding the allegations or issues of the situation.
- d) Department Director and/or other assigned Authorized Adult shall continue to address the reported situation, taking care to document all actions, preserve evidence, notify appropriate parties (University Police, Public Affairs, University Counsel, Risk Management, etc.), follow up, and ensure the safety of the at-risk minor.

# **PAYROLL PRACTICES**

## **HOURS OF WORK**

- The work week begins at 12:01am Sunday and ends at 12:00 midnight Saturday.

## **MEAL BREAKS:**

- When scheduled for a shift of 6 hours or less, the meal break may be waived with the "Meal Break waiver form." This form must be signed prior to the scheduled shift that the employee may choose to waive the meal break.
- Employees who work over 6 hours are required to take the 30 minute unpaid meal break, this meal break must be by the 4.75 hour of time worked.
- Please plan ahead when taking your meal break.
- If a lunch punch is missed, employees must make comments in DayForce with a brief explanation.

## **PAY PERIODS & PAY DAYS**

- Employees are paid on a bi-weekly schedule with pay day falling on a Friday.
- An annual payroll schedule listing specific pay dates and pay periods is posted by the time clock in the office.
- If a scheduled pay day falls on a holiday, paychecks will be distributed on the last day prior to the regularly scheduled pay day.

## **PAYCHECK DISTRIBUTION**

- Paychecks shall be released to employees in person from the Office Manager. Paychecks must be signed for at the time of pick up.
- Paychecks not picked up within ten calendar days will be mailed to the employee's permanent address on file.
- If an employee would like a check mailed immediately, the request must be made in writing.
- If an employee would like to release their check to another person the request must also be made in writing.

## **CLOCKING IN**

- The Aquatic Center uses a finger print scanning method to clock in and out from a shift and for meal breaks.
- New employees will have to wait for their employee number before they can use the time clock to clock in. *\*\*If you are a new employee please see the time sheet information in the section below.*
- After you have received your employee number, either the Director or Office Manager will have to scan you in the first time; he/she will also go over how to clock in/out and for meal breaks. There are directions for this next to the time clock.
- You may only clock in 7 minutes before your scheduled shift unless you are given approval from a supervisor to clock in earlier.
- Unauthorized early clock in's may subject the employee to disciplinary action or termination.
- If a scheduled clock in punch is missed, then employees must make a note in DayForce with a brief explanation.



### **\*\*TIMESHEETS (for new employees only)**

- If you have not been programmed into the time clock you will need to use a Time Sheet to log your hours.
- You will need to fill in your name, time in, time out and any lunch breaks taken. Most importantly you must SIGN and date the time sheet.
- Please see the office manager with any questions.
- Time sheets are turned into the file folder under the time clock by alphabetical order by last name.

### **PROGRAM CODES/ACTIVITY CODES**

- Each employee will have a default program code, please see the Office Manager or Operations Manager if you are unsure what your default activity code is.
- If working a program code that is different from your default code you must manually change the codes in the time clock.
- If you are not sure which code you are working under please check with your supervisor.

### **ERRORS OR PROBLEMS**

- If you have any errors using the time clock such as you missed a punch or forgot to change codes you must make a note in DayForce with a brief explanation.
- This must be done as soon as you catch the mistake you made.
- After all errors are corrected, both the employee and supervisor will authorize in DayForce that the shift displays accurate information.
- Employees must approve their hours on DayForce by every end of the workweek.
- A supervisor must approve all changes or corrections.

### **OVERTIME**

- All overtime hours must be pre-approved by your supervisor and noted in DayForce with a short explanation.
- Overtime hours are defined as hours worked in excess of eight hours in a work day or forty hours in a week. Hours worked over twelve hours in a day are paid at two times the regular rate of pay.
- An employee may not be paid for overtime hours that both exceed eight hours in a day and forty hours in a week. Overtime hours shall be paid by one method only.
- No overtime hours may be worked without the permission of the supervisor.
- Unauthorized overtime may subject the employee to disciplinary action or termination.

### **SHIFTS**

- You may only clock in 7 minutes before your scheduled shift unless you are given approval from a supervisor to clock in earlier.
- You must also clock out on time unless you are given approval from a supervisor.
- Unauthorized early clock in and late clock outs may subject the employee to disciplinary action or termination.

# **FACILITY USE POLICIES**

- Please do not bring your pets to the Sacramento State Aquatic Center. Pets are not allowed on the property or in the boats. If you see any visitors with pets please politely remind them of the policy.
- The Sacramento State Aquatic Center does not allow alcohol, drugs or smoking on the premises. We will not rent equipment to any person who is under the influence of any amount of alcohol.
- Please be responsible for your own mess and dispose of garbage and recyclable materials properly.
- Take a "Pride of Ownership" in the facility. If you see trash or something out of place please take the appropriate action.

## **TRANSPORTATION**

- Please park in the inner lot. Never park in a fire zone or handicap space.
- Do not double park in back lot.
- Always stop at the bike trail stop sign in the outer lot.
- Obey the speed limit and use caution. Children and participants are often walking in the parking lot.
- If staff needs to leave a car over night please inform the front office so the dock masters know they can lock the gates.

## **DOCKS**

- Dock fights and water wars are not permitted on the docks at any time.
- Lounging and fishing are not permitted on the docks.
- Always walk while on the dock. Please do not run.
- Please make use of the Dock Boxes. Do not leave personal items on the dock.

## **OFFICE**

- **Absolutely no staff is permitted in front of the green wall** except on duty front office staff.
- Only on duty front office staff may use the front office computer. If staff needs to use a computer please see a core staff member who can direct you to an appropriate work space.
- Please keep noise levels down in the office area. The office staff is trying to answer phones and assist customers, therefore needs it to be quiet.
- All documents are saved on the Q: Drive. Please check with a core staff member before saving documents; please do not move documents on the Q: Drive with checking with a core staff member first.

## **LOCKER ROOMS**

- Personal items should be kept in a locker in the locker room.
- You may choose a locker for the summer and label it with your name.
- Do not track sand into the bathrooms or locker rooms. Please remind participants to use the foot wash stations to remove sand before entering.
- Do not use spray sunscreen in locker room.

## **WEIGHT ROOM**

- All users must check in with the front office prior to usage.
- Always lift with a partner.
- Make sure to put away all equipment and re-rack all weights when you are done.
- Turn off lights and radio before leaving.
- Pick up any trash, water bottles or personal items.
- Wipe down equipment after each use.

## **STAFF ROOM**

- The staff room is for staff only; no students, athletes or campers are allowed.
- Keep fridges, microwave, and table clean.
- Staff lunches should be labeled and kept in the staff lunch fridge.
- Be responsible for your own food and mess. If you brought something and are not going to finish eating it throw it away in a timely manner.
- Any food left over will be thrown away every Friday.
- **If it is not yours don't eat it.**
- Often times there will be summer camp BBQ food or special event food stored in the staff room. Please leave this food alone. The staff will be able to eat left over Spaghetti Factory and other catering or BBQ leftovers only after permission is given from a supervisor.
- Never take home Aquatic Center food.

## **SHOP/TOOLS**

- Facilities manager must approve any equipment or tools being used.
- Always use caution when entering the shop.
- When facility staff is not on site the shop and backyard should be closed.
- The shop is a STAFF ONLY area, the public, clients, campers, or athletes should not enter this space.
- When assigned to a special project that requires the use of the shop or shop supplies, at the end of the day the mess must be cleaned up and the tools put away.
- If something is broken, please fill out a repair request and put information on closing report. Do not take broken equipment and leave in the shop without communication to facilities staff.

# **EQUIPMENT POLICIES**

**All equipment must be checked out at the Front Office and a rental contract must be filled out.**

**No Aquatic Center equipment is permitted to leave the facility without Core Staff permission and documentation.**

## **ROWING**

- The rowing coordinator must approve use of all equipment.

## **WATER SKIING/WAKEBOARDING/PWC**

- The boathouse garage doors should be shut at all times when staff is not present.
- Ski Lockers should remain locked at all times.
- Personal items and equipment do not belong in the boat house. The Sac State Aquatic Center is not responsible for lost, stolen or damaged equipment.
- All staff ski days must be approved by the water ski coordinator. Staff must pay for their own gas on staff ski days except for the weekly Breakfast Club. Friday boat washing must be completed in order to participate in the Breakfast Club.
- Vehicles, keys and Nextels need to be logged before leaving the AC.
- Please wipe down all boats at the boat ramp.

## **SAILING**

- The sailing coordinator must approve all sailing equipment.
- A Coast Guard Approved Type III PFD must be worn while sailing.

## **CANOEING**

- No more than two adults and one small child are permitted in a canoe.
- White fiberglass canoes cannot be beached. They are extremely fragile boats.
- A Coast Guard Approved PFD must be worn at all times while canoeing.

## **KAYAKING**

- Kayaks should not be dragged on the docks, beach or pavement. Staff should help any customers or campers that are not carrying the boats properly.
- All high performance paddles and life jackets should be promptly returned to the paddling locker after use. This equipment is not for use by the general public or camp.
- Power launching is not permitted. It is not acceptable to put kids or adults in the kayaks and then push them off the docks. This practice creases the boats and can create holes.
- A Coast Guard Approved PFD must be worn at all times while kayaking.

## **WINDSURFING**

- Do not drop the boards or drag them when pulling them out or putting them away.

- Boards with skegs and dagger boards should not be used for playing.
- All boards should be put away neatly after use.

### **HYDRO BIKES**

- A Coast Guard Approved PFD must be worn at all times while hydro biking.
- Bouncing and jumping is not permitted.
- Only one person at a time, unless the staff is performing a rescue.

### **STAND-UP PADDLE BOARDS**

- Stand up paddle boards and paddles should not be used for general public or camp.
- A coast Guard approved PFD must be worn at all times. Qualified staff may use belt packs.
- All stand up paddles and boards should be promptly returned to the paddling locker after use.
- These boards are very fragile; they need to be handled with care and should not be placed on the beach.

# AQUATIC CENTER MEMBERSHIPS

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The Aquatic Center offers four types of memberships. Our members are also called “Affiliates.” An Affiliated membership is open to the public and includes reduced rates for classes and boat rentals, as well as access to the weight room and locker room facilities. Members are subject to Aquatic Center gate hours of operation. Affiliate members under 18 years of age must have written parental consent on file. There are no discounts to members on Summer Camp or facility bookings.

## RULES OF MEMBERSHIP

Membership signups are only done in the office Monday – Friday during normal business hours.

1. Each person must fill out a membership application.
2. Each person must have a signed waiver card on file.
3. Members receive an Aquatic Center membership card that must be on them at all times while on the facility.
4. Members receive a parking pass (2 passes if family membership.)\*
5. Must check in and out in the front office.
6. Family membership are for families up to four people, that are related and living in the same household. To add extra family members – see Operations Manager.
  - a. Family membership is two adults and two children ages 5-17.
  - b. If a family member 65 years or older living with the family may join at an additional fee.
  - c. An 18 year old that is still enrolled in high school may be added to family membership.
7. Sailing & Rowing memberships must be “checked out” on equipment before they may sign up for a Sailing or Rowing membership
8. Changes cannot be made to membership after signup. Memberships are final, nontransferable and nonrefundable. Memberships may not be refunded unless they have a medical note from a doctor.
9. Members are subject to gate hours.
10. There is no guest policy.

\*Outrigger members do not receive a parking pass and must park at Nimbus Flat State Park.

## TYPES OF MEMBERSHIPS

### General Membership

Entitles members access to the weight room and locker room facilities. Members also enjoy “affiliate” discounted rates for rentals and classes. Membership can be purchased in 6 month or year increments.

### Paddling Membership

Entitles members to use specified Aquatic Center paddle craft and facilities (weight room, locker room and erg loft.) The equipment that any paddling member can use is: Single Sit-On-Top kayaks, tandem kayaks, yak kayaks, canoes and recreational SUP

boards. The following equipment is included in the paddling membership but each person must be “checked out” on the equipment before use: Stand up Paddle boards, surf ski kayak, touring kayak, Viking kayak and river kayak. Paddlers must always wear a life jacket including Stand up Paddlers. Membership can be purchased in 6 month or year increments.

### Outrigger membership

The Aquatic Center Outrigger Membership is only open to members of Capital Outrigger. This membership includes access to the weight room and locker rooms. Outrigger Members are entitled to the use of single, tandem, and yak sit on top kayaks, canoes and stand up paddle boards. You must complete one of the basic classes or take a private lesson to have access to the surf ski's and touring kayaks.

**Pre-requisite: You must be participant in Capital Outrigger to purchase this membership.**

**Special Note: Outrigger Members do not receive a parking pass. In order to accommodate preferred practice times, all Capital Outrigger athletes must park at Nimbus Flat State Park during practice. You may [purchase a California Poppy Pass from State Parks](#).**

### Sailing Membership

Entitles members to use specified Aquatic center sailing equipment and facilities (weight room, locker room and erg loft.) Members must be checked out on at least one piece of sailing equipment before they can sign up for a membership. They must be checked out on one of the following equipment: Lasers, Quest, Pico's, Windsurfers, and Keelboats (Holder 20.) Members can take nonmembers out on sail equipment with them, nonmembers need to sign a contract and leave their photo ID (if over 18.) Members taking out the Keelboat must have a 2<sup>nd</sup> person with them unless given permission by a sailing instructor. Membership can be purchased in 6 month or year increments.

### Rowing Membership

Entitles members to use specified Aquatic Center equipment and facilities (weight room, locker room and erg loft.) Members must be checked out on a rowing shell before signing up for a membership. The only exception to this rule is a person signing up for Masters, please check with the Rowing Manager first. The equipment available for members includes 1 one person shells (Hudson & Bays), Racing Singles, Two – doubles & pairs, fours (4+) and eights (8+.) Each person using the boats must have a current membership and be checked out on that specific piece of equipment. Memberships can be purchases in ¼, ½ or year increments.

**Special Note: Anything larger than a single requires prior approval by the Rowing Manager. Members must fill out an Equipment Request form and be approved prior to use.**

### **Green & Gold Membership**

This membership encompasses the general, sailing, paddling and rowing all together into one. The same rules apply for “checked out” equipment. This membership can only be purchased in year incriminate.

*Ref. – ASI Policy Manual, Use of ASI Property Policy 094*





# **KEY/CARD/NEXTEL POLICIES**

## **STAFF CARDS**

- Each staff member will receive a staff card/fob from the front office staff.
- This is your access into staff room, weight room, locker rooms, telephone room, and boat house.
- If you have issues or problems with your staff card/fob please speak with the Office Manager.
- Staff cards/fobs should never be lent to others.
- If you lose your card/fob please see the Office Manager immediately.

## **CODES FOR DOORS**

- Core staff members are the only staff members that have a coded number for the doors. The following positions are Core staff and may use a code:
  - Director, Associate Director, Office Manager, Rowing Manager, Boat House Manager, Facilities, Water Ski/Wakeboard Supervisor, Water Front Supervisor and Program Assistants.
- If you see someone other than Core staff using a code to gain access to buildings please let the Office Manager know.

## **AQUATIC CENTER KEYS**

- Keys for all operations of the Aquatic Center are kept in the Key Watcher located in the telephone room.
- When hired staff should receive a code and training on how to use the Key Watcher.
- If you check out keys you are responsible for them. Do not pass them along to another staff member. You must return them first and then the other staff member can sign them out.
- All keys should be returned to the key watcher at the end of your shift.
- Keys may not be duplicated except by the Director or associate director
- Lost keys must be reported to the Director, Associate Director or Office Manager and an incident report must be completed by the staff member.
- The Master Front Office keys may not leave the front desk, unless a front office staff member uses them.
- If you need access the front office can let you borrow the front office #2 keys.
- If you have any issues or problems with keys or the key watcher please see the Office Manager.

## **NEXTELS**

- Nextel's are to be checked out at the front desk, a set of car keys will be held during the entire time the Nextel is in use by the staff member.
- Any staff going out on a boat needs to check out a Nextel.
- Water Ski/Wakeboard/PWC classes and camps must check out a Nextel before leaving for Folsom Lake.



# **STANDARD SAFETY GUIDELINES**

All Aquatic Center employees must have current CPR and first aid certifications. Any employee working on the water must also carry a current lifeguard certification.

## **EMERGENCY ACTION PLAN**

In the event of an emergency here are the steps that should be taken to activate and complete the EAP.

1. Contact the Front Office (via Nextel or cell phone). Give them your exact location, description of incident and status of the victim(s). Let them know if you need additional assistance or equipment. Stay on the line so that you can give them accurate updates of your situation.
2. The Front Office is to call EMS. The office should keep an open line with the first responder while on the phone with EMS in case EMS needs further information. **DO NOT CALL EMS FROM A CELL PHONE.**
3. The standard meeting location is Nimbus Flat State Park. This is where we will meet EMS in all situations except those that happen on the AC grounds. This location is also the approved landing site for life flight.
4. A dock master or customer service staff member should go to the outer gate to direct EMS if they have turned into the wrong entrance. Another staff should go to Nimbus Flat to meet EMS.
5. All other AC events need to be kept away of the area of the emergency. Instructors should take their classes and camps to another safe location so they will not interfere with the emergency. Any "Looky Lou's" also need to be kept away from the scene.
6. Notify the supervisor and directors immediately to inform them of the situation.
7. Write an Incident Report with details outlining the entire situation. All staff involved should write a report. This should be done right away while the incident is still fresh in your mind.

## **CHILD LOCK DOWN PROCEDURE**

1. Once a child is believed to be missing all supervisors in the office need to be notified.
2. Once a supervisor is notified they will announce, **"Mark Childs please come to the front office"** over the PA and this will start the child lock down procedure.
3. All available staff should report to the office to get a photo and necessary info about the child.
4. The gates will be closed and a team of staff will search the premises for the missing child.
5. Counselors that are watching children need to take their children to a safe location and continue to watch and play games with them. If a group is on a trip down the lake they do not need to come back to the facility but they should be notified via Nextel to keep a watch on the water and help ensure the safety of their group.

6. If the child is not found on the premises the surrounding locations will be searched and the parents and local authorities will be notified. All staff should remain calm and work together to find the child.
7. Do not send out any renters until the child is found.

## **REMINDERS**

- For any emergency evacuation the outer AC lot is the meeting place.
- Any trauma or drowning rescues should go to Nimbus Flat State Park. This is the approved landing area for the life flight helicopter. The only time we will have an emergency pick up at the AC is if the incident happened and victim is still on Aquatic Center property.
- Contact the parent/guardian if a victim is under 18.
- Any suspicious persons should be reported to a program supervisor.
- **During any emergency situation everyone should remain calm.** This will help to ensure the best treatment and help keep all parties involved calm.
- **The closest Emergency facility is FOLSOM MERCY HOSPITAL.**
- **The closest urgent care facility is Folsom Rapid Care.**

## **SAFETY EQUIPMENT**

### **FIRST-AID KIT LOCATIONS:**

- Front Office
- Staff Room
- All Motor Boats and Ski Boats
- Rolling Rack Storage Yard – Shop
- Vans/Trucks
- **Elevator Equipment Room(backboards, oxygen, AED and extra supplies)**

### **FIRE EXTINGUISHER LOCATIONS:**

- Administration East
  - First Floor Reception
  - Locker room entrances
  - Second Floor Classrooms
- Boat Storage North
- Boat Storage South
- Weight Room
- West Boat Storage

### **EYE WASH STATION:**

- Shop-tool room

### **SAFETY MANUALS**

- Located in Administration - under the First Aid Station
  - I.I.P.P. – Illness and Injury Prevention Program

- MSDS – Material Safety Data Sheets
- Accident and Incident Reports
- Sac State AC Safety Guide
- Safety Communication Log
- Sac State Emergency Response Manual
- ASI Safety and Personnel Policies
- Sun Protection Curriculum
- Emergency Procedures Guide

## **LAKE CLOSURES**

The first core value of the Aquatic Center is to assure the public a safe environment. For this reason the lake will be closed on occasion for safety reasons. If this happens a supervisor will make the call whether or not the lake will be closed. The Sac State Aquatic Center will close access to our docks and the water front in the following conditions:

### **WIND:**

- |           |   |
|-----------|---|
| 15 knots+ | Sailboats not permitted on the lake     |
| 20 knots+ | Rowing shells not permitted on the lake |
| 25 knots+ | Paddle craft not permitted on the lake  |

### **WATER FLOW:**

- 7+ gates open (60,000+ cfs traveling through the damn)
- If gates near dock are open, then "GO" dock will be closed

### **WEATHER:**

- 5 mile radius for lightning and thunder – all boats off lake

### **LAKE CONTAMINATES:**

- Any sewage spill reported – all boats off lake



# **MEDICAL EMERGENCY PROCEDURES**

## **CARDIAC ARREST**

- Activate the EAP.
- Check for ABC's. Confirm absence of respiration by observing the patient's chest for rise and fall, listening for respirations and feeling for a carotid pulse. Look, Listen, and Feel for no more than 10 seconds.
- Start CPR as soon as possible. Continue CPR until the AED is attached or until EMS arrive.
- Attach AED (automatic external defibrillator) to patient. Follow directions given by AED.
- Make sure patient is not in large amounts of water. If patient can not be removed from puddles make sure all other persons are out of water area before shock is delivered.
- The AED will often tell you to continue CPR after delivering shock. Follow the directions until EMS arrives.
- Have oxygen ready in case resuscitation is successful.
- Re-assess the patient's vital signs and effectiveness of ventilations frequently.

## **HEAT EMERGENCIES (Heat Exhaustion and Stroke)**

- Activate the EAP.
- Check and monitor ABC's.
- Administer oxygen at appropriate flow rate if capable and available.
- Place patient in shade or cool place.
- Perform patient exam, including: primary and secondary surveys, vital signs, medical history, medications, intake, and allergies.
- COOLONG MEASURES- remove patient's clothing, sponge with tepid water. Apply ice packs axilla, groin and neck if heat stroke. Keep skin wet and provide air circulation by fanning if there is poor air circulation.
- For Heat Exhaustion FLUID REPLACEMENT- allow patient to drink water or other electrolyte replacing solution. Have patient avoid drinks containing caffeine or alcohol.
- Place patient in a position of comfort.
- Reassess airway and vital signs frequently.

## **HYPOTHERMIA (Mild to moderate)**

- **(MILD) Conscious, shivering**
- **(MODERATE) Conscious, no shivering, confused, slow heart rate**
- Activate the EAP.
- Check and monitor ABC's.



- Remove any wet clothing, cover patient with warm blankets to prevent any further heat loss. Handle hypothermia patients very gently. Be prepared to defibrillate should the patient arrest.
- Administer oxygen at appropriate flow rate if capable and available.
- Place patient in a warm environment.
- If moderate hypothermia apply heat packs to axilla, groin and neck.
- Patient should be handled gently, avoid patient exertion.
- Perform patient exam, including: primary and secondary surveys, vital signs, medical history, medications, intake, and allergies.
- Continue to reassess patient's airway and breathing.
- For severe hypothermia refer to the Emergency Procedures Guide

## **DROWNING**

- Activate the EAP.
- Rescue victim and get them to safety.
- Check and monitor ABC's.
- Administer oxygen at appropriate flow rate if capable and available.
- IF PATIENT IS IN CARDIOPULMINARY ARREST, SEE CARDIAC ARREST PROTOCOL
- FULLY IMMOBLIZE SPINE- if there is a suspected diving injury or fall from 4 feet or higher, in the setting of other trauma or there are signs of intoxication.
- Perform patient exam, including: primary and secondary surveys, vital signs, medical history, medications, intake, and allergies.
- Reassess airway and vital signs frequently.
- All patients should have wet clothing removed and be covered with warm blankets to prevent further heat loss.
- All patients should be transported for evaluation, no matter how stable they present to be.
- Begin resuscitation in all patients with <1 hour submersion time in cold (<70 F) water. Lake Natoma is always under 65F.

## **SNAKEBITE**

- Activate the EAP.
- Check and monitor ABC's.
- Keep patient in a position of comfort and have them avoid any unnecessary physical exertion.
- Administer oxygen at appropriate flow rate if capable and available.
- Circle any swelling around bite marks with a pen and note the time. Measure the circumference of the extremity proximal to the bite and note the time. This measurement is used as a baseline for determining the progress of swelling.
- Avoid movement of the affected extremity; keep the extremity in the neutral position (affected extremity level with the heart).
- Perform patient exam, including: primary and secondary surveys, vital signs, medical history, medications, intake, and allergies.
- Reassess airway and vital signs frequently.

- DO NOT APPLY ICE OR TOURNIQUETS.
- DO NOT ALLOW PATIENT TO APPLY A SUCTION DEVICE TO THE SNAKEBITE.

## **ALLERGIC REACTION**

- Activate the EAP.
- Check and monitor ABC's.
- Administer oxygen at appropriate flow rate if capable and available, preferably high flow through a non re-breather mask.
- Allow patient to administer their own allergy medications as prescribed by their physician.
- Keep patient in a position of comfort, if shock signs or symptoms begin, place patient in a supine position with legs elevated.
- Perform patient exam, including: primary and secondary surveys, vital signs, medical history, medications, intake, and allergies.
- Reassess airway and vital signs frequently.
- If allergen is a stinger, scrape it out of the patients skin (use a credit card or the dull side of a knife) to prevent the induction of more venom; a cold pack may also be applied to the sting site to reduce swelling.

## **EXTREMITY INJURIES**

- Activate the EAP.
- Check and monitor ABC's.
- Control any external hemorrhage by: direct pressure, elevation, pressure points, and by applying a tourniquet as a last resort for severe life threatening hemorrhages. Direct pressure must be applied firmly and for a long time. Other methods of hemorrhage control are secondary and should not interfere with continuous application of direct pressure.
- If indicated, Fully Immobilize Spine.
- If needed administer oxygen at appropriate flow rate if capable and available.
- DRESS WOUNDS/IMMOBILIZE- Do not straighten angulated fractures in the field. Return extremity to anatomical position only if distal pulse is absent after splinting, check distal pulse frequently.
- For mid-shaft femur fractures, apply traction splint. If fracture is compound, attempt to remove debris from bone ends before applying traction splint.
- Perform patient exam, including: primary and secondary surveys, vital signs, medical history, medications, intake, and allergies.
- Reassess airway and vital signs frequently.
- If the extremity is amputated: place in a dry, sterile, watertight container or bag. Place the sealed bag on ice. Transport with the patient if possible.

## **SHOCK**

- Activate the EAP.

- Check and monitor ABC's.
- Administer oxygen at appropriate flow rate if capable and available, preferably high flow through a non re-breather mask.
- Position patient supine with legs elevated for hypovolemic shock.
- Perform patient exam, including: primary and secondary surveys, vital signs, medical history, medications, intake, and allergies.
- Reassess airway and vital signs frequently.

## **HEAD TRAUMA**

- Activate the EAP.
- Check and monitor ABC's.
- FULLY IMMOBILIZE SPINE.
- Administer oxygen at appropriate flow rate if capable and available, preferably high flow through a non re-breather mask.
- Perform patient exam, including: primary and secondary surveys, vital signs, medical history, medications, intake, and allergies.
- Reassess airway and vital signs frequently.

## **REMINDERS**

- Always make sure the scene is safe before entering.
- Never perform any procedures that are above and beyond your knowledge and certifications.
- Always contact the front office and have them call EMS from the land line. Do not call EMS from your cell phone.

**DIRECTIONS TO:**  
**FOLSOM MERCY HOSPITAL**  
**& URGENT CARE CENTER OF FOLSOM**

**START:** Sac State Aquatic Center: 1901 Hazel Ave.

Turn LEFT onto HAZEL AVE	.16 miles
Merge onto US-50 EAST	1.11 miles
Take the FOLSOM BLVD exit, EXIT 23	.25 miles
Turn LEFT onto FOLSOM BLVD	1.5 miles
Turn RIGHT onto BLUE RAVINE RD	2.8 miles
Turn RIGHT onto E BIDWELL ST	.24 miles
Turn LEFT onto CREEKSID DR	.35 miles

**END:** 1650 Creekside Dr., Folsom, CA 95630

Approximate time: 10 minutes



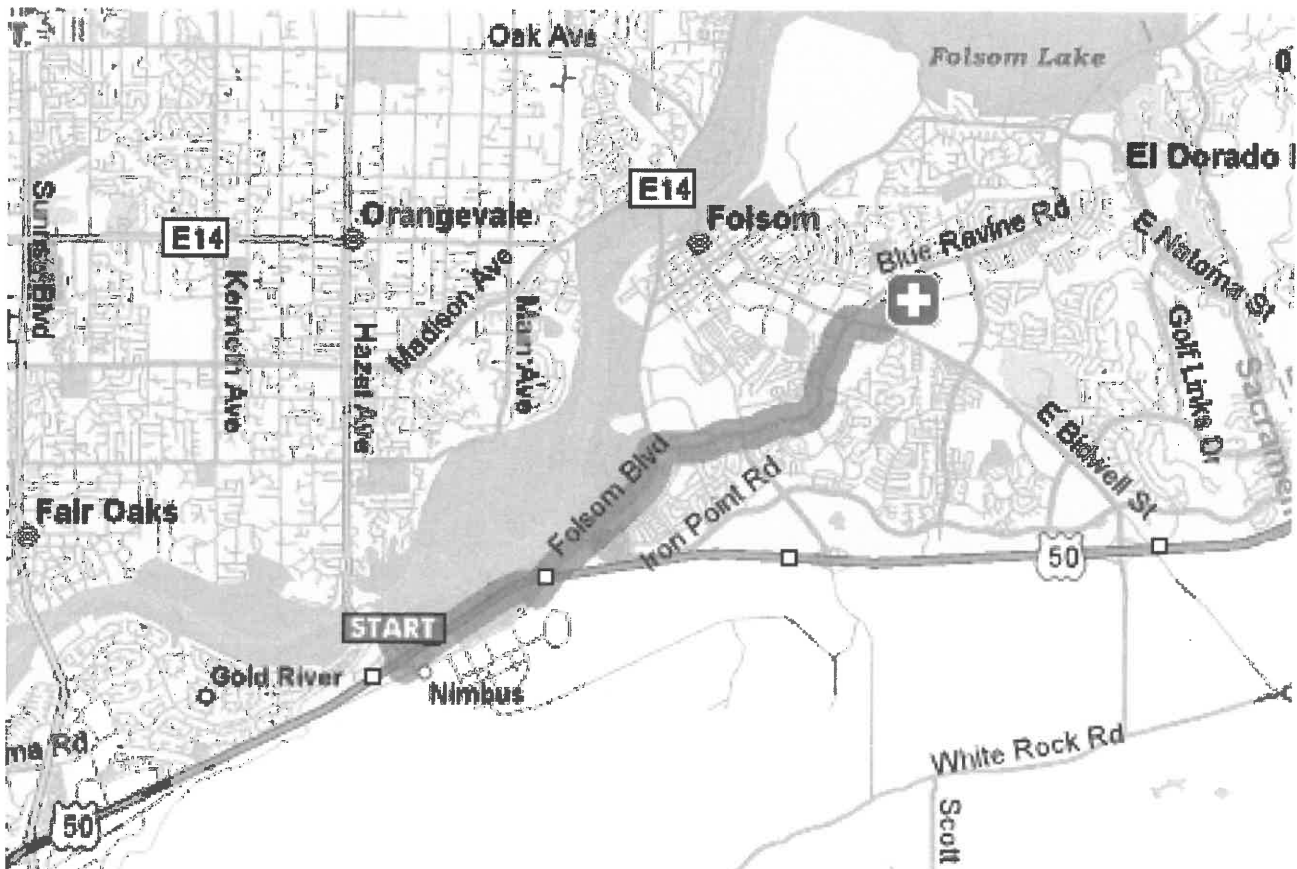
**Mercy**

A member of CHW

Hospital: (916) 983-7400

Emergency: (916) 983-7470

Urgent Care: (916) 673-1200





## **DIRECTIONS TO:**

### **FOLSOM RAPID CARE**

**START:** Sac State Aquatic Center- 1901 Hazel Ave.

Turn LEFT onto HAZEL AVE .16 miles

Merge onto US-50 EAST 1.11 miles

Take the FOLSOM BLVD exit, EXIT 23 .25 miles

Turn LEFT onto FOLSOM BLVD 1.5 miles

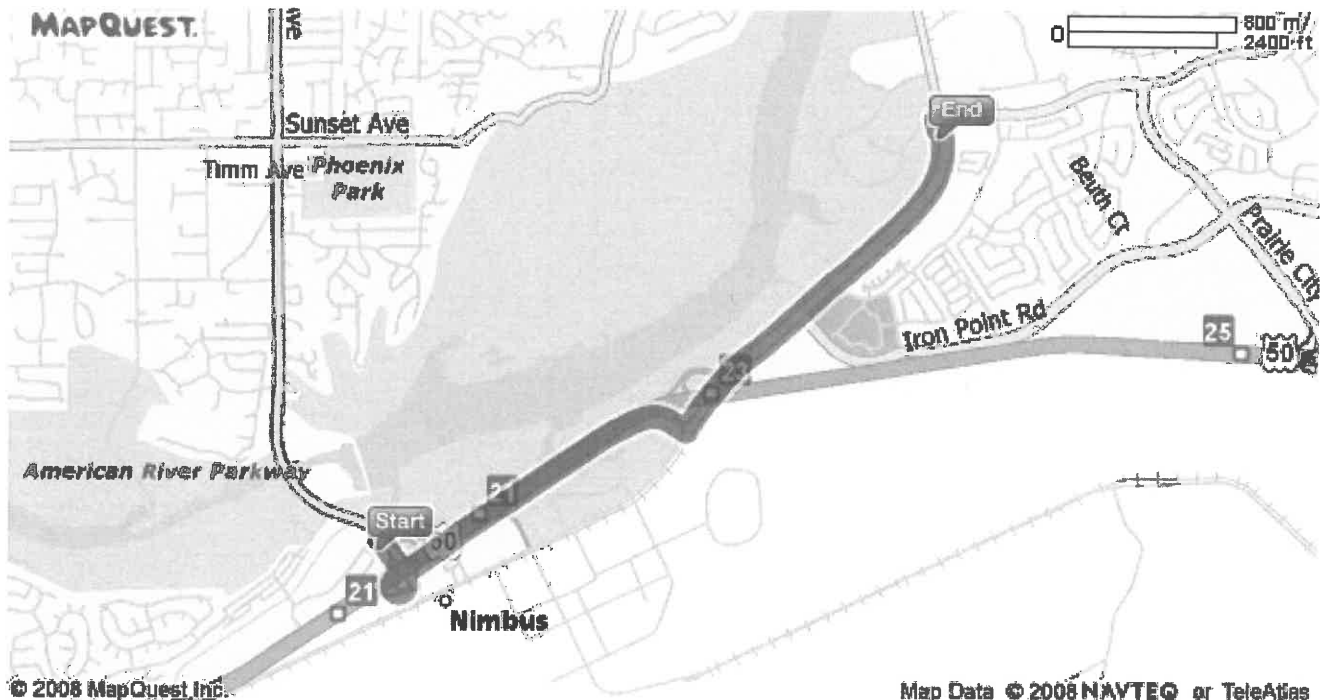
Make a U-TURN at BLUE RAVINE RD .1 miles

Turn RIGHT into shopping center

**END:** Rapid Care- 13385 Folsom Blvd

**RapidCare**<sup>®</sup>  
Walk-In Medical Group

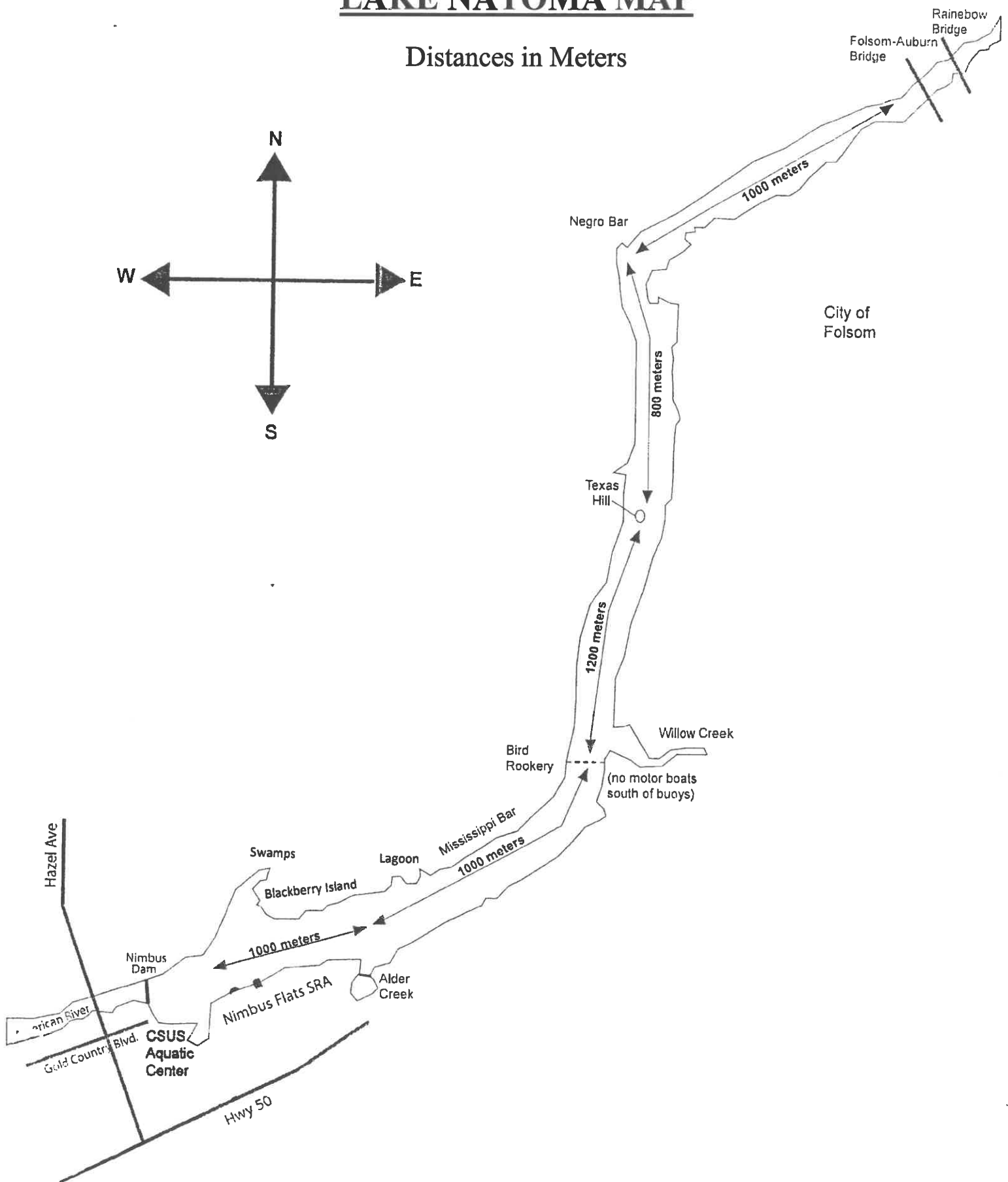
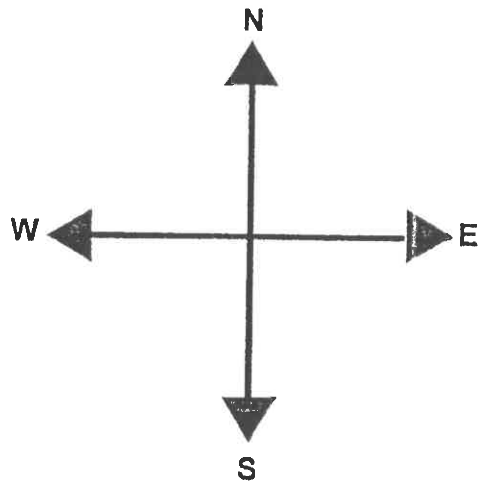
(916) 673-1200





# LAKE NATOMA MAP

Distances in Meters







North



South



West



East



Rainbow Bridge

Negro Bar

**Danger! Shallow Area (shoals)**

City of Folsom

There are a few guidelines to follow while rowing out of the Sacramento State Aquatic Center:  
Rowers should follow a left hand traffic pattern unless otherwise instructed.  
Swimmers should stay close to shore or in designated swimming areas.  
All boats must be off the water by dusk.  
Be aware of the Aquatic Center's hours of operation. They are not the same as the State Park and they change with the season.  
Be aware of shallow areas and lake hazards.  
Traffic pattern is subject to change during special events.  
Please check with the Aquatic Center's front office for more details.

Lake Natoma's regular rowing traffic pattern is a left hand rule.  
Pass all on coming traffic off your starboard side.  
The Aquatic Center Staff may assist to educate newly visiting crews on use/policies of rowing traffic pattern on Lake Natoma.

**DO NOT ROW BEHIND  
"TEXAS HILL"!!!!**

Texas Hill

**Danger! Shallow Area (shoals)**

Willow Creek

**No Motor Boat Buoys  
(no gas powered boats allowed south of these buoys)**

Nimbus Dam

Hazel Ave.

Nimbus Flats  
State Recreation Area

Sac State  
Aquatic Center

Highway 50

-Crews launching from Nimbus Flat State Park must launch and land from within the protective "cove" near the boat ramp area.  
-Power boats must NOT exceed 5 miles per hour unless within 50 yards of a rowing shell.  
-All power boats must be aware and respectful of general public lake use.



# The Sacramento State Aquatic Center's Statement of Understanding

I \_\_\_\_\_ acknowledge that I have read the Sac State Aquatic Center's Guide on Practices and Procedures and understand all of the rules, procedures and responsibilities and agree to fulfill the duties in its provisions.

I further acknowledge that failure to comply with these practices and procedures may result in disciplinary action and/or termination of employment.

I agree to keep all my needed certifications current through this employment period and to notify the Associate Director in advance should any expire before my employment termination.

If I do not adhere to this agreement, I may be dismissed immediately or jeopardize my position.

---

EMPLOYEE NAME (PRINT)

---

EMPLOYEE SIGNATURE

---

DATE



SACRAMENTO STATE  
***AQUATIC CENTER***

**GENERAL CAMP  
PROCEDURES**

# THE UNIVERSITY OF CHICAGO

THE UNIVERSITY OF CHICAGO PRESS  
50 EAST LAKE STREET, CHICAGO, ILLINOIS 60607-7099  
TEL: (773) 837-3000 FAX: (773) 837-1500  
WWW.CHICAGO.PRESS.EDU

THE UNIVERSITY OF CHICAGO  
50 EAST LAKE STREET, CHICAGO, ILLINOIS 60607-7099  
TEL: (773) 837-3000 FAX: (773) 837-1500  
WWW.CHICAGO.PRESS.EDU

## **YOUTH STAFF IMPORTANT REMINDERS...**

- You must stay for your entire shift. All counselors must work together to ensure that the site is properly set up and cleaned at the end of each day. Everyone is expected to be proactive.
- All of your campers need to be accounted for before you leave each day. They either need to be checked out by their guardian or you need to communicate with the check-out staff person and let them know which of your campers are still on site.
- Make sure that all campers are informed of the camp rules.
- After taking roll in the morning, please let the front office know if any campers are absent and call the parents or guardians by 9:00am. This is to ensure that all campers have arrived safely and are with their proper counselor.
- Please let the front office know which equipment your group will be taking for the day. The office staff needs to know what equipment is available to rent to the public each day.
- Please let the front office know if you are taking a trip down the lake, where you plan on going and when you plan on returning. The front office needs to be aware of everyone's location in case of an emergency.
- You will need to do a rotational lunch schedule with your partner so that the campers are supervised at all times. If needed a supervisor or another approved staff member can assist with lunch break rotations.
- Each camper will receive a photo magnet at the end of the week. It is your responsibility to look through the magnets, identify and collect your campers and ensure that each camper gets his or her magnet. If a camper is absent on a Friday or forgets to take home their magnet you need to address an envelope that Friday so the front office can mail it and it does not get lost.
- At the end of each week you will receive thank you postcards for each of your campers. Please sign and decorate these cards each week. Once you are finished, return the cards to the front office to be mailed.





# **SUMMER CAMP DESCRIPTIONS**

## **BASIC CAMP** (ages 7-17)

Basic Camp is divided into groups according to the campers' ages. The groups are: Guppies-7, Starfish-8, Turtles-9, Dolphins-10, Seals-11, Sting Rays- 12, and Sharks-13 and up. Students will learn the basic skills of kayaking, canoeing, windsurfing, and sailing Monday through Thursday. On Friday all campers will spend the day doing fun activities such as the Boating Safety Skits and Boating Safety Olympics to learn about boating safety.

## **SAILING CAMP** (ages 10-17)

In this advanced sailing camp students will use Lasers, Quests, and Picos. The campers will learn and practice rigging, sail trimming, and boat handling through drills, games, and races.

## **PADDLE CAMP** (ages 12-18)

Campers will learn flat water kayaking, canoeing, stand-up paddling, basic river kayaking, and Olympic rowing on Lake Natoma. Campers will also take a kayak trip down the Lower American River and a white water raft trip on the South Fork of the American River. On Friday campers will do a field trip and an adventure race. Some of the Paddle camp activities are combined with Adventure Camp.

## **ADVENTURE CAMP** (ages 13-17 Teens)

This camp includes: a day of sailing, Olympic rowing, stand up paddling, a kayak trip down the lower American River, a white water rafting trip down the South Fork of the American River, team building, and an adventure race. This camp includes the overnight campout on Thursday.

## **WAKE BOARDING AND WATERSKIING CAMP** (ages 8-17)

This course is designed for students of all ability levels from the beginner who has never wake boarded or water-skied, as well as the intermediate who has experience and wishes to learn the newest techniques. This camp takes place at Folsom Lake and is limited to 30 campers per week.

## **YOUTH "JET SKI" PERSONAL WATER CRAFT** (ages 12-17)

By law campers must be at least 12 to operate a PWC with an adult on board and 16 to operate alone. Monday is spent at the AC learning all of the safety aspects of Jet Skiing and campers will complete the CA boating safety exam. Tuesday-Friday the campers will learn to safely operate the PWCs at Folsom Lake. Each day has a speed limit and specific skill that is practiced. The speed limit starts at 15mph on Tuesday and goes up each day until they reach 45mph on Friday. The skills and activities that are covered include docking, tight maneuvering, man overboard drills, a lake tour, and barrel races.

## **BEGINNER OLYMPIC ROWING CAMP** (ages 12-17)

This camp is designed for the beginning/novice rower. It teaches safety, boat control, proper care of equipment, and correct rowing technique. Students will learn to row in a single shell and 4's or 8's. This camp is great for campers with a possible interest in high school rowing.

## **COMPETITIVE JUNIOR ROWING CAMP** (ages 14-18)

This camp is designed for high school rowers that have competitive experience and wish to fine tune their skills before the fall season begins.



# MONDAY MORNING

1. All counselors will arrive early wearing RED to prepare for Monday morning
2. All counselors share responsibility of area assignments
  - a) Tee shirts, check-in lines/tables, directing participants, beach, shelves, basketball, grassy hill games, gangways, directing parents, parking lot, etc.
3. All counselors should be prepared to answer any questions that campers or parents might have.
4. We need to have activities available for campers after they are checked in
  - a) Knock-out, jump rope, four square, chalk, hula hoops, etc.
5. When everyone has checked in each counselor will gather their group
  - a) Find an area to sit down and talk with your group
  - b) Facilitate defrosters and name games
6. Camper Packets
  - a) Review camper packets and be aware of any medical issues they might have
  - b) Look at the camper questionnaire page to get other info about your campers
  - c) Make sure that your class list, camper packets and kids all match up
  - d) When you have reviewed your packets and made edits to your class list they will go to your supervisor to be filed in the office. Do not keep them with you.
  - e) Notify parents of carpool form if necessary.
7. Camp pictures
  - a) Each group will take a separate group picture as well as individual shots for each child.
  - b) Have campers come up with a creative idea for a group picture using a boating theme
8. Go over camp rules and daily procedures
  - a) Camper Rules
    - Sunscreen
      - Must be applied at least 3 times a day
      - Make sure to let it soak in before going in the water
      - It is also good to wear a rash guard, sunglasses, hat or visor to protect from the sun
    - Rocks, sticks, sand
      - No throwing of any items
      - No skipping rocks
    - Life jackets
      - Must be worn at all times when on the water, docks, boats, or beach near the water.
      - Show them how it fits, do the thumb pull up test. It should be snug and not go above the ears
      - Safety is our top priority!
    - Hypothermia
      - Explain about the cold water and what hypothermia is
      - Our lake is usually between 55-65 degrees and there is always a risk of hypothermia.
    - The Dam
      - Always stay away from the dam, it is not a safe place to be
      - Explain the specific danger and what to do if they get too close
      - Inform parents not to park on or block Dam road
    - Water
      - Campers need to drink lots of water, we will do water breaks every hour

- We will always have extra water so that they can refill their water bottle
  - Tell them about the Tinkle Test: they need to go potty at least four times a day while they are at camp
  - **Make sure campers know not to drink water from the lake**
- Geese
  - Leave the ducks and geese alone
  - Don't feed or chase them
  - They need to learn to find their own food and not rely on humans
  - They are aggressive and will bite
- No Running
- Be in view of your counselor at all times
  - Ask before going anywhere (i.e. the bathroom, to get sunscreen) and have your campers take a buddy
- Be polite and don't pollute
  - Pick up after yourself, never leave any trash behind
  - If you see trash pick it up, even if it is not yours
  - Be polite to others, no name calling or swearing
  - Use proper language
  - No fighting or rough housing
- Always be prepared for camp
  - Shoes must be worn at all times
  - Dress in layers, depending on weather
  - Bring lunch, water bottle and sunscreen each day
- b) Go over check-in and check-out procedures
  - They must be signed in every morning by a parent or guardian and let their counselor know they are here
  - They must be signed out by a parent or guardian every day after camp
  - They cannot leave the check-out area until their parent have come to get them
- c) Shelves
  - Show the campers where the shelves are
    - This is where they will keep their stuff every day
- d) Ice cream
  - Campers are allowed to buy ice cream after camp each day
  - Ice creams cost \$1 to \$3
  - Counselors will tell campers when they are allowed to get in the ice cream line after all boats are de-rigged and clean up is completed.
  - Remind campers to go back into check out area after getting ice cream
- e) Family Night
  - Thursday after camp from 3:30-5:30
  - They can show their families everything that they have learned during the week
- f) BBQ (weeks of campout 2, 4, 6, and 8)
  - There will be a BBQ on Friday for lunch
  - The cost is \$5
  - If they are vegetarian or have other dietary needs they need to tell their counselor
  - Hamburgers, hot dogs, chips, water melon, juice, cookies
- 9. Do swim test
  - a) Have all campers take the swim test to make sure they are safe and comfortable in the water before starting any boating activities
- 10. Get started with your activity for the day

## CHECK-IN

1. All campers must be signed in by their parents in the check-in binder every morning.
  - a) Make sure parents use the correct binder.
  - b) Have each parent initial and write down the time of arrival.
  - c) Remember to keep smiling, welcome them with a “good morning, how are you?, are your kids having fun?, etc.”
  - d) Make sure to take your sunglasses off to make eye contact with the families.
  - e) Remind all parents about Family Night, Campout, and BBQ/Pizza on Friday.
2. Once campers are checked in they may play games on the turf or b-ball court.
3. Counselors must take roll every morning.
4. If campers are absent and we have not received a note or message from their parents we need to call their parents to check the status of the camper.

## CHECK-OUT

1. At the end of each day all campers are to be taken to check-out by their counselor.
  - a) The entire group will go to check-out together.
2. Campers should be taken to check-out at 3:30pm.
3. Ice Cream
  - a) After entire group has been taken to check-out, those who want ice cream can be taken to the ice cream line by a counselor.
  - b) They need to leave their stuff in the check-out area and only bring their ice cream money in line with them.
  - c) Ice cream needs to be taken back and eaten in the check-out area.
4. One counselor from each group needs to stay with the campers until there are only 2 campers left from that group.
5. All campers must be signed out by a parent/guardian/carpool in the check-out binder every afternoon.
  - a) Campers being picked up by a carpool must have a signed note on file in the binder.
  - b) Have each parent initial and write down the time of departure.
  - c) Remind all parents about Family Night, Campout and BBQ/Pizza on Friday.
  - d) If parents want to pay for Campout or BBQ/Pizza on Friday they must pay in the front office. DO NOT take any money from parents or campers.
  - e) Remember, even after a long day to greet parents with a smile and friendly words.
6. If campers are still here at the end of the 4:30 shift a supervisor should be assigned to watch the campers. When there are only a few campers left they may be taken into the office to wait for their parents.
7. If counselors are working in pairs:
  - a) One counselor should stay with the campers at check-out while the other counselor does their daily clean-up duties.
  - b) Switch once the first counselor has finished cleaning up.



# DAILY CLEAN-UP

1. Each counselor will have a daily clean-up duty
  - a) PFD Racks/PFD & Sail Locker
    - Organize all racks according to size and type
    - Make sure all life jackets are buckled and facing the same direction
    - Clean off any dirty or sandy life jackets
    - Check areas around racks and locker for garbage and lost and found items
    - Sweep underneath racks
  - b) Bathrooms, Locker Rooms, Storage Room, Back sink/food prep area
    - Sweep out any dirt or sand; pick up any loose trash that campers may have left behind
    - Notify front office of any supply shortages
    - Organize and clean storage room
    - Make sure all dishes are clean and put away
    - Make sure sink and prep area are clean
  - c) Beach and Recycle Bin Toy Boxes
    - Check entire beach area for garbage and lost and found items
    - All toys need to be rinsed off and returned to appropriate bins
    - Clean toy bin area and make sure bins are clean and organized
  - d) Sweeping
    - Sweep concrete surrounding beach area, Founder's Grove, picnic tables, and office
    - The blower can be used for most areas as well
  - e) Classrooms & upstairs storage room
    - Sweep and wipe down floors, tables and chairs
    - Organize chairs and tables back to classroom configuration
    - Clean the white boards and put away all teaching materials
    - Clean and organize storage room, make copies of worksheets as needed
    - Notify supervisor of any material shortages
  - f) Docks, Camp Shelves, Lost and Found
    - Look over entire area including the docks, turf, shelves and picnic tables for items
    - Clean camp shelves and cubbies, pick up any trash and lost and found items
    - Make sure docks are in order, all equipment should be returned to its original place
    - Tidy up lost and found area (hang shirts, fold clothes and towels, empty lunch bags)
  - g) W.E.T. Course
    - Set up and take down all parts of the W.E.T. course
    - Put equipment in proper location for overnight storage
    - Notify supervisor of any items that need maintenance
  - h) Ice Cream & Staff Room Clean-up
    - Sell ice cream to campers and close and lock freezer when finished
    - Count cash and turn in daily drop, return cash box to Cindi's office
    - Wipe down and clean off tables in staff room
    - Tidy up and clean fridges (throw away old food, wipe up spills, etc.)
  - i) Safety Check
    - Check all first aid kits and restock as needed
    - Notify supervisor if we are low on any items
    - Check to make sure back boards, throw lines, and kits are on all boats
2. Everyone needs to work as a team so that everything can get done efficiently
3. Daily chores are done before and after camp each day. Make sure your area is cleaned and help co-workers with other chores before leaving for the day.





# **FAMILY NIGHT**

1. **All counselors must be in a red staff shirt, heel strap shoes, and appropriate swimwear!**
2. All counselors will be assigned stations
  - a) Meet and greet
    - You are the first impression for the parents
    - Greet parents, have them sign waivers, give out wristbands to parents
    - Tell participants the boundaries
    - Direct parents to the life jacket rack
    - Warn parents about getting wet
    - Have them leave car keys in the front office
    - Clean-up
      - Put away table, release forms, wrist bands and other supplies
      - Check area for trash and lost and found items
  - b) Life jacket racks
    - Pass out life jackets, make sure participants are properly fitted
    - Direct parents to the activities
    - Clean-up
      - Organize and put away life jackets
      - Reorganize life jacket locker if needed
      - Check area for lost and found items
  - c) Hagen's Freeze stand
    - Set up table, serving utensils, cups, spoons, napkins and freeze by gangway
    - Place garbage cans near table
    - Pass out freezes to participants
    - Remind participants not to take the freezes on the boats
    - Clean-up
      - Clean area, wipe down table
      - Wash out buckets, serving utensils
      - Put extra freeze in the freezer
      - Put supplies back in their proper places
  - d) Windsurfing Beach
    - Lifeguard the beach
    - Have at least 4+ windsurfing rigs set up
    - Have at least 10 wiggle boards on the beach (SUP boards)
    - Assist participants with windsurfing
      - Use ropes to pull less experienced participants back to the beach
      - Have participants take 5-10 minute turns
    - Do not sit down when working the beach station!
    - Clean-up
      - Make sure that all boards and equipment get put away
      - Clean up beach, throw away trash, check for lost and found items
  - e) Sailing dock
    - Lasers, Quests, and Picos are for sailing camp use only
    - Only campers that in sailing camp this week can use sailboats with their family
    - Remind participants of the boundaries
    - Tell sailors not to stay out too long since there is usually a long line of sailors

- Clean-up
  - De-rig boats and return all equipment to proper places
  - Check area for trash and lost and found items
- f) Kayak dock
  - Have singles, Keas and tandems ready for participants
  - Help participants get in and out of kayaks
  - Give parents a brief paddling instruction if necessary
  - Remind participants of the boundaries
  - Clean-up
    - Put away boats and paddles to their proper places
    - Check dock for trash and lost and found items
- g) Canoe dock
  - Have canoes ready for participants
  - Help participants get in and out of canoes
  - Give parents a brief paddling instruction if necessary
  - Remind participants of the boundaries
  - Clean-up
    - Put away boats and paddles to their proper places
    - Check dock for trash and lost and found items
- h) Hydro Bike station
  - Have hydro bikes ready for participants
  - Help participants get on and off of the bikes
  - Make sure there is only one person per bike and that they follow all rules
  - Remind participants of the boundaries
  - Ask participants to take 5 minute turns so every has a chance to participate
- i) Back Dock/W.E.T. Course
  - Set up obstacles (if not already set up)
  - Ensure that all participants are following safety rules
    - One person on the lily pads and slide at a time
    - Staff must help each participant on and off the tension traverse
    - No more than 4 people under the slide at a time
    - No shoes on the slide
    - No running back to the dock from the lily pads, they are one way only
  - Monitor all stations
  - Clean-up
    - Take down and put away W.E.T. course
    - Ensure all features are properly stored/locked up for the night
    - Check dock for trash and lost and found items
- j) Safety Launch drivers
  - A safety launch must always be on the water when participants are on the water
  - Make sure participants are following the rules and staying in the boundaries
  - Be prepared to reinforce lake boundaries, give tows, right capsized boats, give instruction, perform rescues, etc.
  - Assist and talk to the participants
  - Round up all participants at the end of the evening
    - Have all boats head back to the dock at 5:15
  - Clean-up
    - Put away all equipment to their proper places

- k) Water Ski & Rowing Videos
  - The water ski/wakeboard and rowing videos will be shown in the classrooms at 4:15
  - Set up classroom for viewing
  - Show videos and talk with parents
  - These counselors will help other stations after the video is over
  - Clean-up
    - Clean classroom and put away all video equipment
    - Help clean up other stations
3. All campers must be signed out by a parent to participate
  - a) All campers must stay in the check-out area until signed out by their parents
4. If parents are not staying and camper is staying for campout:
  - a) Campers can stay at check-out or
  - b) Campers can stay with their counselor or participate at other stations if they make an agreement with their counselor and check in with them every 15-20 minutes
    - This is up to the counselor's discretion
5. Parents must sign a waiver and get a wristband to participate
6. Staff can have one freeze between 3:30 and 4:00
  - a) Do not eat freezes in front of participants
7. Parents night ends at 5:30pm
  - a) Start putting away boats and cleaning up at 5:15pm
  - b) Stop sending boats out at 5:00pm
  - c) All boats need to be off the water by 5:15pm
8. ALL staff needs to help clean-up ALL areas
  - a) All boats and equipment must be put away and facility must be clean before signing out
9. All staff should be prepared to answer any questions that parents might have
10. All staff needs to be friendly and welcoming
11. Try to talk to the parents of your campers
  - a) Tell them about how their child has been doing during the week
  - b) Give them a friendly face to put to your name
12. Boundaries for Family Night
  - a) Windsurfing beach
    - Do not go beyond the state park dock and the steps on the point
    - Do not go on the state park beach
  - b) Sailboats, kayaks, and canoes
    - Do not go near the dam
    - Do not go beyond the point

Thursdays can be very long and tiresome; however this is the one chance we have to leave a lasting impression on the families of our campers. It is important to be friendly and informative to each participant you interact with. Take pride in our programs and the hard work we do with their children all week. Parents want to meet the people that are looking after their children, and we need to do our best to give a positive impression to each one.

Everyone will be responsible for a specific job during parent's night, as well as being part of a team that works together. Once your specific clean-up duties are done look for other counselors who need help finishing their jobs. Parent's night goes much smoother when everyone works together. This is not a time to socialize. All staff must do their part to ensure the guests have a great experience and that everything gets cleaned up in a timely manner. Groups of red shirts should not be seen together just socializing while others are working and cleaning up.



# CAMP-OUT

1. Gather up campers that are staying on the turf while cleaning up from parents night
2. All campout staff need to report to the turf by 5:30pm
3. Check in all campout participants
  - a) Each counselor will be given a list of their campers for the night
  - b) Each group will get a separate color wristband to identify each group
  - c) Check in each camper in your group and give them a matching wristband
  - d) Turn in your attendance sheet when all of your campers are accounted for
4. Give your group the agenda and rules for the night
5. Help you group set up their sleeping stuff in the appropriate area
  - a) Boys on one side, girls on the other, counselors in the middle
  - b) There will be a separate area for younger campers (if needed)
6. Have your group create a chalk mural
  - a) The mural should emphasize boating safety, group name, theme, etc.
  - b) The murals will be judged and the winner gets to line up first for dinner
  - c) Have your group wash their hands before lining up
7. Spaghetti Factory dinner
  - a) Menu: spaghetti with meat sauce, spaghetti with tomato sauce, spaghetti with butter and Mizithra cheese, bread, salad, juice/water. Special menus available for diet and allergy reasons. Campers need to notify their counselors by the Wednesday before a campout.
  - b) Set up serving tables, get out utensils, cut bread, mix salad
  - c) All campers must eat before anyone can have seconds
  - d) Dinner must be eaten on the picnic tables on the beach, not the turf area
  - e) Make sure campers clean up their dinner before the next activity
8. Kayak trip
  - a) Assigned staff leads campers on kayak trip
    - The trip should last around 1 ½ hours depending on the time
    - Be creative with the trip
      - Take campers to fun locations and have them participate in games and activities
      - Some ideas are to take them exploring in the swamps, play football on the Nimbus Flat beach, play the boulder game on blackberry island
  - b) Other assigned staff will stay on site to get out s'mores, start campfire, and prepare facility for the night. Staff can use this time to prepare personal stuff for the evening.
9. When kayak trip returns
  - a) Have campers dry off and change into pajamas/dry clothes
  - b) The staff that stayed on site will take over and watch the campers
  - c) The kayak trip staff will shower and prepare personal stuff for the evening
10. S'mores
  - a) Have campers line up and take turns roasting marshmallows and making s'mores
  - b) Counselors need to closely monitor the camp fire and assist the campers
  - c) One s'more per camper
11. Capture the flag
  - a) Split into two teams and involve all campers
12. Brush teeth and get ready for bed
13. Lights out. Bedtime Usually around 10pm.
14. There will be a staff member assigned to overnight security that will stay awake over night
15. Friday Morning
  - a) Wake up campers at 7am

- b) Have them clean up and get ready and dressed for the day
  - c) Have them put all stuff on the camp shelves or turf behind the stairs
16. Pancake Breakfast at 7:30am
- a) Start prep for pancakes at 6:30am. Tables, griddles, mix batter, etc.
    - Make sure to use separate circuits for griddles so we don't overload circuits
  - b) Make plain, wheat, blueberry, chocolate chip, and any other creations of pancakes
  - c) Counselors need to heat up griddles, mix pancake mix, get out toppings and juice
  - d) Cook a good amount of pancakes before letting campers get in line
    - The turf must be completely clean before campers can eat
  - e) Help younger campers with juice and toppings
  - f) A few counselors will watch the campers while the rest help with the pancake breakfast
  - g) All griddles and breakfast equipment needs to be cleaned and put away after breakfast
  - h) Make sure campers clean up eating area and join the rest of the campers for the day

# **BOATING SAFETY FRIDAY**

## **FRIDAY SCHEDULE**

- 8:30-9:30 Games
- 9:30-10:30 Boating Safety (videos/books)/Thank You/Plan Skits
- 10:30-11:15 Get water ready/Life jackets/Groups perform Skits
- 11:15-12:00 OUTSTANDING CAMPER AWARDS
- 12:00-12:30 LUNCH
- 12:30-2:30 BOATING SAFETY OLYMPICS (stations 1-6)
- 2:30-3:00 CLEAN UP
- 3:00-3:30 End of week debrief with groups. Hand out goodie bags.

## **BOATING SAFETY OLYMPICS**

- 9:30-10:00 Intro: Team Names & Team Cheers (All groups together on turf)
- 10:00-11:30 BOATING SAFETY OLYMPICS STATIONS (15-20 minutes per station)...

- Station 1: State Dock- "Reach, Throw, or Row"/ "Stay with you Boat"
- Station 2: Beach- Trash Relay "Be Polite, Don't Pollute" / "Learn the Rules of the Road"
- Station 3: W.E.T. Course- "Learn to Swim," "Look Before You Leap," "Learn to Float"
- Station 4: Front Grass- Dizzy Lizzy "Alcohol, Drugs, and Boating Don't Mix"
- Station 5: Basket Ball Court- Life Jacket Relay "Wear a Lifejacket"
- Station 6: Sac Dock- Bucket Brigade "Don't Overload your Boat"

## **BOATING SAFETY SKITS**

1. Every Friday all campers will perform boating safety skits in front of the rest of the camp
2. Each group is given one of the ten boating safety rules to perform
  - a) 1. Learn to Swim, 2. Wear a life jacket, 3. Learn to Float, 4. Reach, Throw, or Row, 5. Look before you Leap, 6. Don't Overload Your Boat, 7. Stay With Your Boat, 8. Learn the Boating Rules of the Road, 9. Alcohol, Drugs, and Boating Don't Mix, 10. Be Polite, Don't Pollute.
3. Campers are to be informed of their skit lesson sometime in the beginning of the week
  - a) They should also watch the video with the ten boating safety rules
    - There are different videos for the age groups
4. Each group of campers should come up with their own original skit
  - a) Have the campers work together to come up with an idea for their skit
    - They can use costumes, props, songs, boats and other equipment
    - Counselors can help and give some general guidelines and ideas
      - o Counselors can't do all of the work!
5. The skits will be performed in the order of age groups
  - a) All campers must politely watch the skits of the other groups



## **CAMP RECOGNITION**

1. At the end of the week each counselor will give out a camper of the week award
  - a) Awards are given for teamwork, cooperation, boating skills, following rules and going above and beyond expectations
  - b) Counselors will take turns announcing their camper of the week
  - c) Campers swim to the performance dock and give high fives when receiving their awards
  - d) A Camper Fun Pass is to be mailed to each of the winning campers
    - This is a 2 hour free rental card for them to come back with their family at a later date

## **FRIDAY BBQ**

1. There is an optional BBQ on campout Fridays for campers who wish to participate
2. Menu- Hamburgers, cheese burgers, hot dogs, veggie burgers, watermelon, chips, and cookies.
  - a) Counselor menu also contains: deluxe fixings for the burgers and anything else that has been prearranged and provided by the counselors (i.e. chicken, tri-tip, etc...)
3. Counselors need to split up BBQ duties and responsibilities
  - a) Cooking- Start at 11:00am, 2 people should be in charge of the grill
  - b) Cut watermelon, get out chips, cookies, condiments, plates and napkins
  - c) Make Gatorade or Juice drink in 5 gallon jugs
4. Counselors that are not setting up for the BBQ need to take over the responsibility of instructing the campers
5. The BBQ
  - a) Campers are called to get in line in groups according to their age or camp
    - Younger children will go first so that they can be easily helped with their food
  - b) Each camper can have either a hot dog or hamburger and sides on their first trip
  - c) Some counselors need to help serve food while others supervise campers eating
  - d) Seconds will be called only after every one has gotten firsts
6. Clean-up
  - a) After the BBQ is over the counselors who set up for the BBQ should supervise the campers and the other counselors should do the cleanup
  - b) Counselors should work together to complete all of the clean-up tasks
    - The grill needs to be scraped and tools put away
    - All leftover food should be put away in the fridge, freezer or trash
    - Wipe down tables, wash and dry dishes, and put away in proper places

## **FRIDAY CLEAN-UP**

1. At the end of every Friday an entire camp clean-up takes place starting at 2:30pm
2. Trash Walk
  - a) Line up all campers on the beach
  - b) Walk the property in a line and pick up all trash, move forward about 10 feet at a time
  - c) Counselors have bags to collect trash from the campers
  - d) Campers will be directed to walk and pick up all trash in their path
3. Life Jacket Wash
  - a) Fill up wash and rinse buckets
  - b) Campers will dunk their jackets in the wash and rinse buckets
  - c) Counselors will need to replenish buckets as necessary
  - d) Have campers hang jackets in proper locations to dry

SACRAMENTO STATE  
***AQUATIC CENTER***

**BASIC CAMP**

# THE FIVE DIVERSITY FACTORS FOR THE 21ST CENTURY BUSINESS

## WILLIAM J. DIVERS

As the 21st century unfolds, the business environment will be characterized by five major changes. These changes will have a profound impact on the way businesses operate and the way they compete. The five diversity factors are: Globalization, Technology, Demographics, Environment, and Competition.

Globalization is the process of increasing interconnectedness and interdependence among countries, cultures, and peoples. It is driven by advances in transportation and communication technology, which have made it easier for people and goods to move across the globe. Globalization has led to the growth of multinational corporations and the integration of global markets.

Technology is the application of scientific knowledge to create new products and services. It is a driving force in the 21st century, as it has led to the development of new industries and the transformation of existing ones. Technology has also led to the automation of many tasks, which has increased productivity and efficiency.

Demographics refers to the statistical characteristics of a population, such as age, gender, and ethnicity. In the 21st century, the global population is expected to grow significantly, and the composition of the population will change. This will have a profound impact on the business environment, as businesses will need to adapt to the needs and preferences of a more diverse population.

Environment refers to the natural and social conditions that surround a business. In the 21st century, the environment is becoming increasingly important, as businesses are expected to be more socially responsible and to have a positive impact on the environment. This has led to the development of green businesses and the adoption of sustainable practices.

Competition is the process of businesses vying for market share. In the 21st century, competition is becoming more intense, as new businesses are entering the market and existing businesses are striving to maintain their competitive edge. This has led to the development of new business models and the adoption of innovative strategies.

SACRAMENTO STATE  
**AQUATIC CENTER**

**Canoeing**  
**Day**

# THE UNIVERSITY OF CHICAGO PRESS

CHICAGO

1992

# BASIC CAMP

## Canoeing Day

1. Watch a Video
  - a) White Water Primer
  - b) Cold, Wet and Alive
  - c) Aqua Smart: Paddling Section
2. Ask questions about the video or give the canoeing test
  - You can give otter pops or prizes to those who answer correctly
3. Give safety talk about canoeing and hypothermia
4. Clean up classroom and head outside to give paddle talk
5. Paddle instruction
  - a) Parts of the paddle
    - T-grip
    - Shaft
    - Blade
  - b) How to hold the paddle
    - When walking hold it straight up and down
    - Always have one hand on the T-grip
    - Other hand is placed half way down the shaft
  - c) Strokes:
    - Forward
    - Backward
    - Draw/Pry
    - J
  - d) Steering and paddling
    - Camper in back of canoe steers
    - Campers in front and middle of canoe paddle on opposite sides of each other
    - Go over proper ways to turn the canoe using the different strokes
  - e) Safety rules
    - No hitting or fighting with paddles
    - No capsizing in the middle of the lake unless doing a drill
    - Always stay within sight of the counselor
6. Canoe capsize drill
  - a) Demonstrate drill between docks and have campers take turns practicing
  - b) Push and pull capsized boat perpendicular onto uncapsized boat upside-down, let water drain, flip upright and slide back into water
    - Make sure they communicate to each other as to who is doing what
    - Make sure that everyone's fingers are out of the way before flipping the canoe
7. Lake Trip
  - a) Places to go
    - Blackberry Island: good for eating lunch, playing, swimming, and picking blackberries.
    - Dungeon: good place to stop and explore, tell stories about skeletons and the old days, have a water break
    - Willow creek: good place to eat with older campers, pick blackberries, swim

- Swamps: good place to explore, practice paddle strokes, see wildlife
  - Bike Trail bridge: good place to take a water break, swim, and have cannon ball contests from boats
  - Frog Beach: if lake is low enough it is a good place to stop and eat lunch after going to the dungeon
  - Nimbus Flat Beach: good for short trips or a good place to take a pit stop. Nice long beach that is good for playing games and swimming
- b) Length of trip for each age group
- guppies: blackberry island
    - Rig guppy canoes for the trip by tying two canoes side by side with two 2x4's and rope. Have all campers paddle on either side, while the counselor sits in the back and helps paddle and steers.
  - 8&9: blackberry island, dungeon, lagoons
  - 10-12: blackberry island, lagoons, frog beach
  - 13-15: willow creek, swamps & blackberry island, frog beach
- c) Types of canoes
- Aluminum: works well for campers can be pulled up on beach and rocks
  - Red fiberglass: works well for campers and can be pulled on rocks and beaches
  - White scouts: can not be beached on any shore, not good for campers
- d) What to bring
- Staff
    - First-aid kit
    - Life jacket
    - Lunch
    - Water jug
    - Extra sunscreen
    - Nextel
    - Rope for towing
  - Campers
    - Lunch (in their canoe so that they don't try to capsize)
    - Sunscreen (in canoe)
    - Water bottle (in canoe)
- e) Have counselors paddle in canoes or take a power boat only if needed
- f) Remind campers to stay on the right side of the lake near the shore when paddling
8. Challenge ideas/Games
- a) Zig-zag in and out of buoys if rowing course is in
  - b) Switch places in boat
  - c) Switch boats
9. Trouble shooting
- a) Pulling children back with a Whit cat
    - Encourage all children to paddle the entire way on their own
    - Try to only pull back if camper gets hurt or sick
    - Lay boat across front platforms and have campers sit on center box
      - Be careful not to put too much weight on the front of the Whit cat
    - Use rope to tow canoe alongside the Whit cat (**do not tow behind the prop**)
  - b) Windy days
    - The wind will often be coming from the Aquatic Center so the return trip will take longer.

- When heading into the wind it is best to stay as close to the shore as possible to reduce the amount of wind
- Be prepared for a difficult trip because campers often have trouble paddling against the wind (adjust your trip accordingly)

c) Cold days

- Do alternative activities on land and take a shorter trip
- Boating safety activities and games

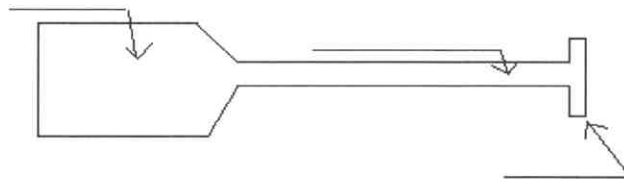




Name \_\_\_\_\_  
Instructor \_\_\_\_\_

## CANOE TEST

1. Where is the best place for the inexperienced paddler to go?
  - a. rapids
  - b. sheltered lake
  - c. ocean
  - d. all of the above
2. If the water is cold what should not be worn?
  - a. paddle jacket
  - b. cotton
  - c. wet suit
  - d. all of the above
3. What should you remember to bring on a warm, sunny day?
  - a. sunscreen
  - b. hat
  - c. water
  - d. all of the above
4. In order for a PFD to work properly it has to be fastened tightly and securely?
  - a. true
  - b. false
5. How does a bow paddler communicate with the stern paddler?
  - a. leading with strokes
  - b. pointing
  - c. speaking
  - d. all of the above
6. What is the purpose of the stern paddler?
  - a. steering
  - b. bring water
  - c. keep general direction
  - d. all of the above

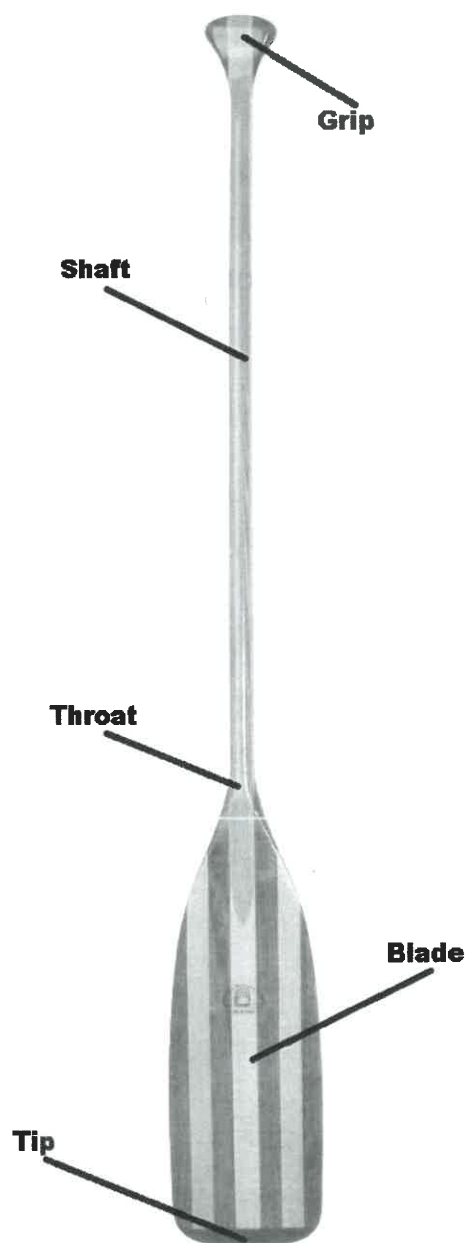
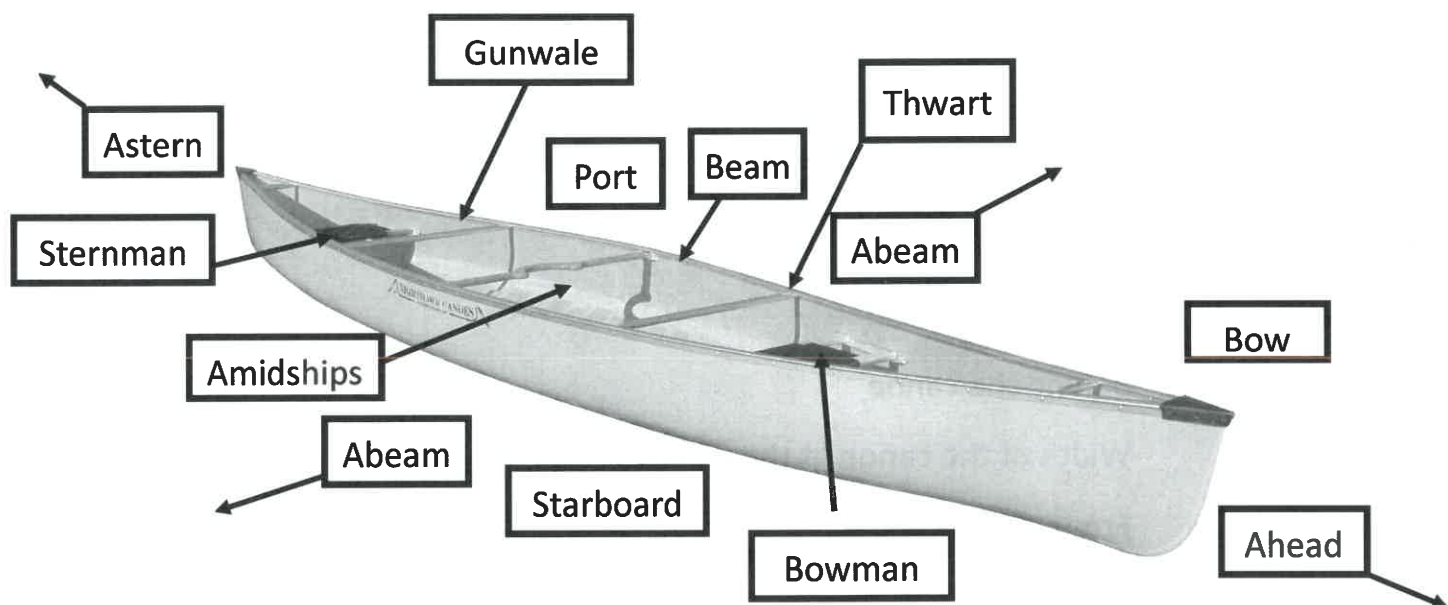


7. Label the paddle above
8. It is best if there is less weight in the bow then the stern.
  - a. true
  - b. false
9. It is best to use your arms as your power source.
  - a. true
  - b. false
10. When should you use the sit and switch technique?
  - a. shorter distance
  - b. longer distance
  - c. never
  - d. always



## **Canoe Terminology**

<b>Abeam</b>	Right angles to the centerline of a canoe
<b>Aft</b>	Toward the stern
<b>Ahead</b>	Ahead of the canoe
<b>Amidships</b>	Middle of the canoe
<b>Astern</b>	Behind the canoe
<b>Beam</b>	Width of the canoe at the widest part
<b>Bow</b>	Front of the canoe
<b>Capsize</b>	To flip your boat over
<b>Forward</b>	Toward the bow
<b>Gunwale</b>	The widened edge at the top of the side of the canoe
<b>Leeward</b>	Downwind Side
<b>Port</b>	To the left
<b>Portside</b>	Left side of the boat facing forward
<b>Starboard</b>	To the right side
<b>Starboard Side</b>	Right side of the canoe
<b>Stern</b>	Rear side of the canoe
<b>Stern man</b>	Person paddling in the rear
<b>Thwart</b>	A structural crosspiece within the boat
<b>Windward</b>	Direction the wind is blowing from



# BASIC CANOE STROKES

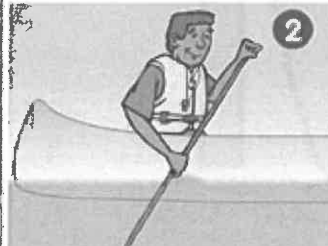
Just like any boat, a canoe has to be able to move forward, aft or side-to-side. The canoe's motor is the person paddling the canoe. The water can change

the canoe's course (where it moves) and your paddle can also change its course. Learn the following paddling strokes and you'll know the basics to change your canoe's course.

## FORWARD



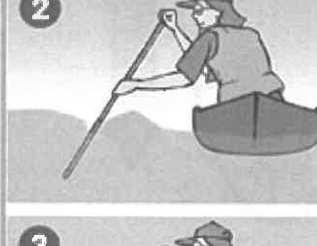
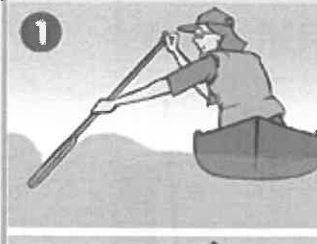
## BACK



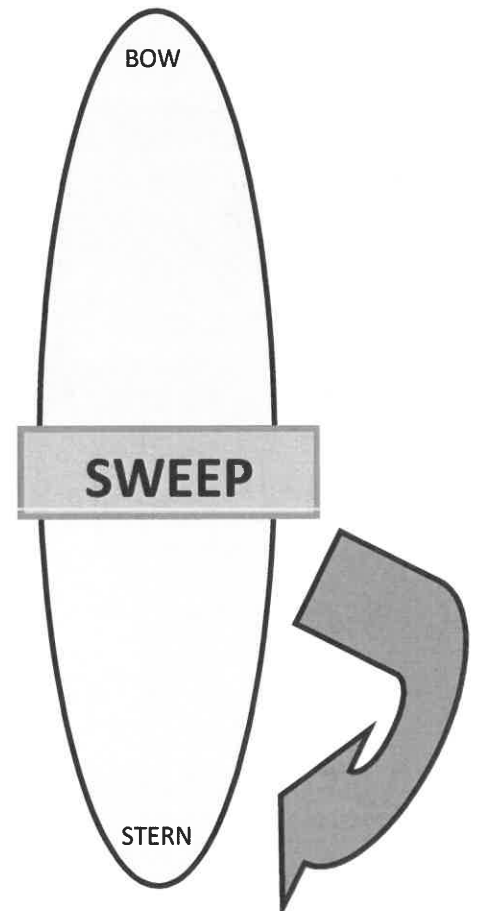
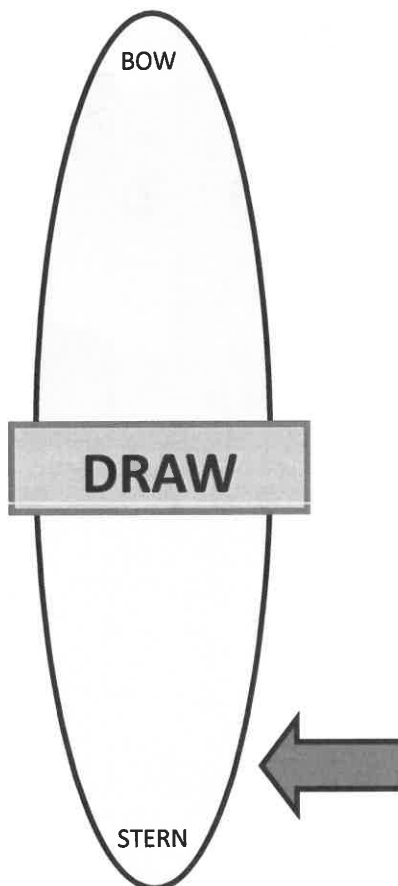
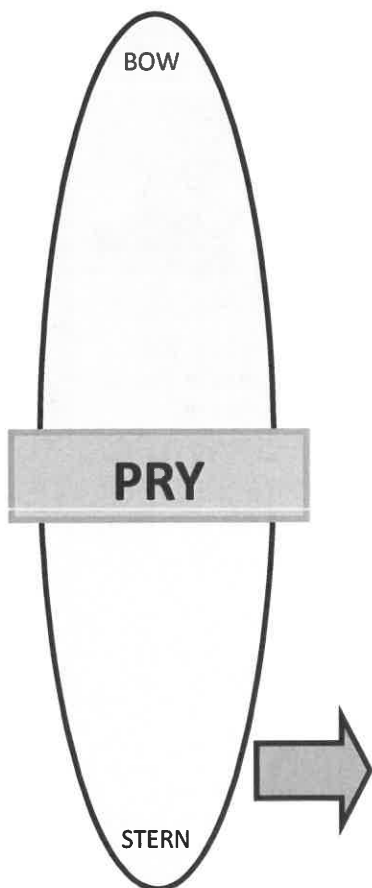
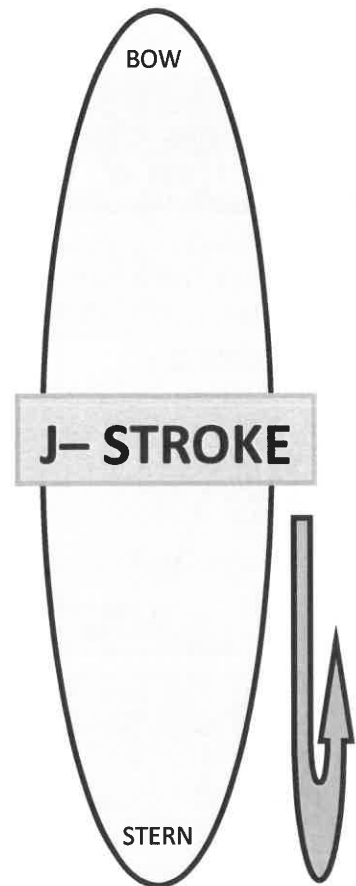
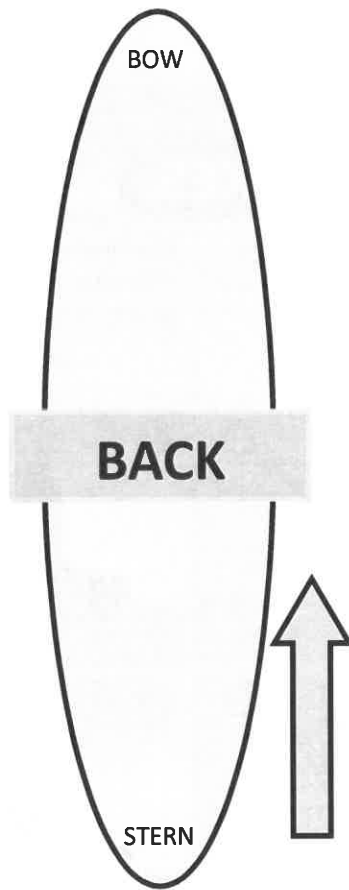
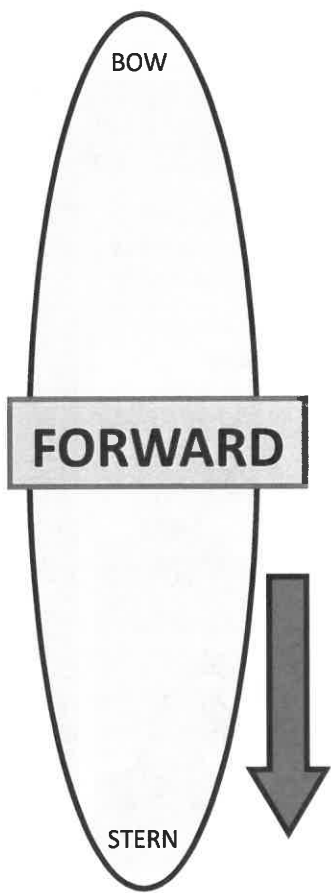
## PRY



## DRAW



Remember, when you move your paddle you're moving the canoe.



# Paddling skills for river running, tripping and playing

## Introduction to Moving Water

Theory:  
 Anatomy of a river  
 River classification  
 River hazards  
 Rescue procedures  
 Weather considerations  
 Proper clothing

Self rescue

River signals

Swimmer's position

Shore rescue

Body position, balance and J-lean

Emptying canoe on shore

Communication

River J  
Bow draw and  
Crossbow draw

Draws  
and prys

Offside  
forward

Forward & reverse

Righting pry

Low broce and  
righting pry

River paddling concepts  
(Canoeing, MITH and 2x4)

River reading  
and scouting  
route options

Portaging

Lining &  
tracking

Side slip

Back ferry

S-turn

Flatwater warm-up

Forward paddling

Eddy turns & peel outs

Navigating river bends

Attainments  
Varying your speed  
Standing (tandem)

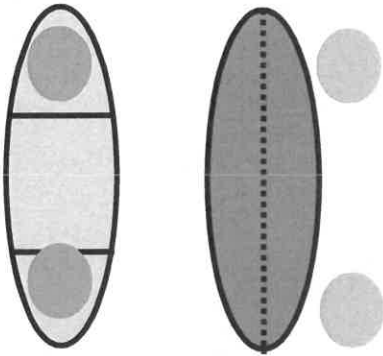
River paddling equipment  
Canoe features, materials, construction  
Canoe outfitting



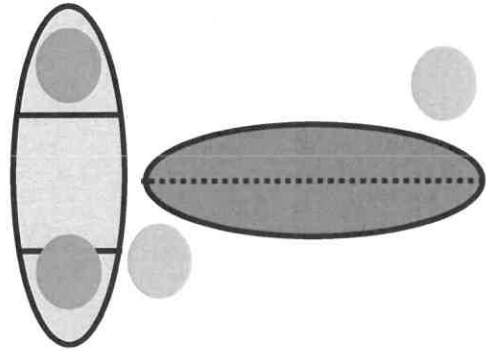
# Canoe Capsize Drill

## Aerial View

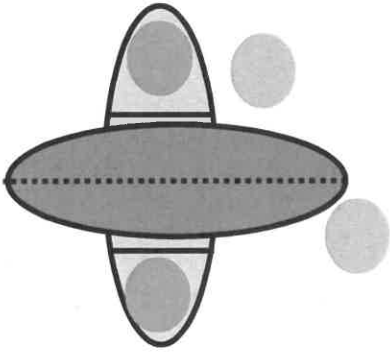
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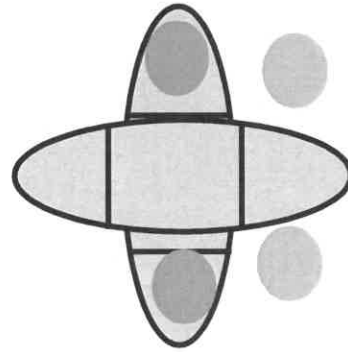
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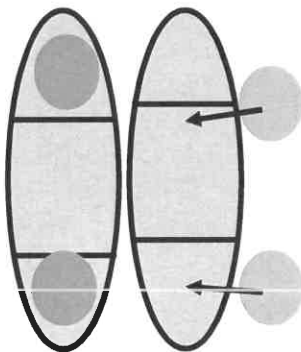
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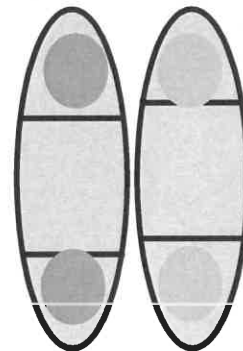
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5.



6.



SACRAMENTO STATE  
**AQUATIC CENTER**

**Kayaking Day**

# THE HISTORY OF THE UNITED STATES

OF THE  
NORTH AMERICAN CONTINENT  
FROM THE FIRST DISCOVERY  
TO THE PRESENT TIME

BY  
JOHN F. JOHNSON

NEW YORK: PUBLISHED BY  
JOHN F. JOHNSON, 10 NASSAU ST.

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# BASIC CAMP

## Kayaking Day

1. Give safety talk about kayaking and hypothermia
2. Paddle instructions
  - a) Perform proper paddle talk
    - a) how to hold the paddle
      - when walking hold it straight up and down
      - to paddle hold shoulder-width apart with knuckles on top
    - b) Strokes:
      - forward
      - backward
      - draw
    - c) Parts of the paddle:
      - shaft
      - blades
    - d) Turning and stopping the kayak
      - Forward stroke, left and right turns
      - Sharp turns using a backward stroke
      - Turning using forward and backward strokes on opposite sides
      - Stopping kayak by digging blade and holding water
    - e) safety rules
      - no hitting or fighting with the paddles
      - no unwanted capsizing
      - always stay within sight of the counselor
3. Place campers in boats according to age, size and ability level
  - a) Guppies: Yak boards or Kia
  - b) Smaller children: Yak boards and smaller tandems
  - c) Larger children: singles, tandems
  - d) Inform front office of equipment being used
4. Lake trip
  - a) Places to go:
    - Blackberry Island: good for eating lunch, playing, swimming, and picking blackberries.
    - Dungeon: good place to stop and explore, tell stories about skeletons and the old days, take a water break.
    - Willow creek: good place to eat with older campers, pick blackberries, swim
    - Swamps: good place to explore, practice paddle strokes, see wildlife.
    - Nimbus Flat Beach: good for short trips or a good place to take a pit stop. Nice long beach that is good for playing games and swimming.
    - Bike Trail Bridge: good place to take a water break, swim, and have cannon ball contests from the boats.
    - Frog Beach: if lake is low enough it is a good place to stop and eat lunch after going to the dungeon.
    - Texas Hill: A good place to stop and rest when taking older campers up to Negro Bar or Rainbow Bridge.

- Negro Bar: A nice picnic/lunch area for the older and stronger campers. It is about four miles away from the Aquatic Center. It will take the entire day to get up there and back.
  - Rainbow Bridge: A fun rocky area to explore with the older campers. It is right next to Negro Bar and is also a full day trip.
- b) Length of trip for each age group
- guppies: blackberry island
    - return trip will often take twice as long because they will be tired and there is often a head wind
  - 8&9: blackberry island, dungeon, lagoons
  - 10-12: blackberry island, willow creek, lagoons, frog beach
  - 13-15: willow creek, swamps & blackberry island, lagoons, rainbow bridge/Negro Bar
    - Trip to Rainbow Bridge/Negro Bar will take the entire day. Must leave by 9am and only do trip with strong active teenagers.
  - For all age groups it is good to take plenty of water breaks along the way. Feel free to make pit stops let the kids swim.
- c) What to bring
- Staff
    - First-aid kit
    - Life jacket
    - Lunch
    - Water jug
    - Extra sunscreen
    - Nextel
  - Campers
    - Lunch (on jack boat with counselor)
    - Sunscreen (in kayak)
    - Water bottle (in kayak)
- d) Have one staff member on a power boat and have others in kayaks
- One staff member should lead the group and one should bring up the back
  - The jack boat should move from front to back to help all of the campers
5. Challenge ideas/Games
- a) Blindfolded kayaking trust game
- Directions: use tandem kayaks, front person is wearing blindfold and has a paddle, back person has no paddle. The back person has to give the front person directions on where to go and what type of paddling strokes to use. Set up a race course and have teams try to race each other for accuracy and fastest time.
- b) Relay races
- Be creative. Use kayaks and other equipment to set up races. Some examples are to have teams make up team names and songs, two members have to paddle out to a buoy and switch places, then come back and switch partners; when everyone is back the team has to sing the team song in order to win.
6. Trouble shooting
- a) Windy days
- The wind will often be coming from the Aquatic Center so the return trip will often take longer.
  - When heading into the wind it is best to stay as close to the shore as possible to reduce the amount of wind

b) Cold days

- Do alternative activities on land and take a shorter trip
- Boating safety activities and games

c) Pulling children back with a jack boat

- Encourage all children to paddle the entire way on their own
- Try to only pull back if camper gets hurt or sick
- Lay boat across front and have camper sit on center box
- Use rope to tow kayak(s) behind jack boat
  - If there are multiple kayaks tie them end to end



NAME \_\_\_\_\_  
INSTRUCTOR \_\_\_\_\_

## KAYAK TEST

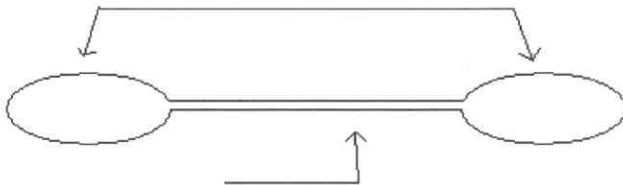
1. Name the two parts of the paddle.
2. True or False: You should place your hands side by side, close together when kayaking.
3. True or False: When paddling a forward stroke on the left side of your kayak, your boat will turn to the left.
4. What are the two ways to turn your kayak?
5. True or False: You should sit up nice and tall with good posture and knees slightly bent when paddling your kayak.
6. Should you bring water, sunscreen, and a snack with you on a kayaking trip?
7. Name two stressors that might occur when kayaking?
8. True or False: You should give a float plan to the police department before you go on your kayaking trip.
9. True or False: When bringing your kayak down to the water's edge you should have a partner assist you in carrying your boat.
10. True or False: You should swim to shore if you capsize your boat.





## KAYAK TEST

1. Where is the best place for the inexperienced paddler to go?
  - a. rapids
  - b. sheltered lake
  - c. ocean
  - d. all of the above
2. If the water is cold what should not be worn?
  - a. paddle jacket
  - b. cotton
  - c. wet suit
  - d. all of the above
3. What should you remember to bring on a warm, sunny day?
  - a. sunscreen
  - b. hat
  - c. water
  - d. all of the above
4. In order for a PFD to work properly it has to be fastened tightly and securely?
  - a. true
  - b. false
5. How many points should you have when entering and exiting the kayak?
  - a. one
  - b. two
  - c. three
  - d. four
6. When launching your kayak in deep water one should use the dock by:
  - a. stepping into the kayak
  - b. sit on the dock, facing the direction of the kayak and slip into the kayak sitting
  - c. kneel into the kayak
  - d. roll into the kayak
7. A longer boat is faster and a shorter boat is easier to turn
  - a. true
  - b. false



8. Label the above
9. When gripping the paddle you should:
  - a. grip the shaft tightly
  - b. grip the shaft lightly
  - c. grip the blade
  - d. none of the above
10. When do you want to use the reverse sweep?
  - a. to turn sharply
  - b. to reduce speed
  - c. never
  - d. both a and b



SACRAMENTO STATE  
**AQUATIC CENTER**

**Sailing**  
**Day**

# THE UNIVERSITY OF CHICAGO PRESS

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# BASIC CAMP

## Sailing Day

### 1. Classroom instruction

#### a) Watch a video

- Aqua Smart: Sailing

#### b) Sailing vocabulary

- Parts of the boat
  - Use the Dewitt diagram and have campers label the parts
  - Draw diagram on the white board
- Explain what the different parts are for
  - Give campers a warning about the boom

#### c) Knots

- Demonstrate the different knots
  - Figure eight, cleat hitch, bowline
  - Refer to the knot diagram if needed
- Have campers practice on knot boards

#### d) Safety information

- Always wear your PFD
- Be aware of what's around you
  - Other boats, the shore, the dock
- Know the rules of the road
  - Right of way, signals, buoys, etc.
- How to avoid a collision with another boat, shore or dock
- Always stay with your boat
- Don't go faster than you are comfortable with and can control

#### e) Wind sensing

- How to sense the wind
  - Face, flags, ripples, boats tied to dock
- Speed and direction are never constant
- Windward and Leeward

#### f) The Wind Clock

- The No Go Zone
- Upwind, Downwind, Across the wind

#### g) Steering

- Opposites
  - Tiller right, the boat will go left
- Tiller towards trouble!
- Push tiller towards the sail, the boat turns towards the wind.
- Pull the tiller away from the sail, the boat turns away from the wind.

#### h) Sail trimming

- Let it out until it luffs, bring it in until it stops luffing.
- If sail is in all the way and luffing, you must be in the no go zone. You must turn away from the wind.
- When in doubt, let it out!

#### i) Tacks and Jibes

- What they are and how to do them
  - Tack: Upwind- boat goes slower across the NGZ
  - Jibe: Fast, never loose wind power
- j) Position in the boat
  - Step into and out of the center of the boat
  - Sit as far forward as possible
  - Make sure you are seated ahead of the tiller so it is easy to turn
  - Don't sit on any of the lines
- k) Capsizing
  - Scoop capsize recovery
  - How to prevent a capsize
    - Let out sail
    - Turn into No Go Zone
    - Shift body weight to high side
    - Make sure main sheet is uncleated
- l) Docking
  - How to slow down:
    - Let out sail
    - Turn into No Go Zone
- 2. Clean up classroom and head down to the dock
- 3. Have campers get in groups of two or three
  - For guppies and smaller campers they might even fit four per boat
  - Larger campers might just fit one or two per boat
- 4. Practical instruction
  - a) Rigging the boat
    - Have campers watch and help as you rig the boats with them
      - Basic camp does not need to learn how to rig their own boats since they are only sailing for one day
  - b) Position in boat
    - Review what they were told in the classroom
    - Show them exactly where to sit in the boat
  - c) Capsizing
    - Demonstrate how to do a capsize near the dock
    - Have each boat do a capsize drill
  - d) Steering
    - Review what they learned in the classroom
    - Tiller towards trouble!
  - e) Docking
    - Review how to dock safely and slowly
  - f) Proper use of the boats
    - Make sure to handle the boats with care
    - Do not run them into anything
    - If something seems to not work right ask and we will fix it do not try to hit, push or yank anything
    - If something gets dirty we need to clean it
    - We want the boats to last so all the other kids can use them too
- 5. Boundaries
  - a) Give campers boundaries for where they can sail

- No going past the point
  - Stay away from the dam
  - Don't go into the south channel
6. Sailing
- a) Crosswind figure eight drill
    - Set up two buoys or use markers to complete the drill
    - Refer to diagram for example
  - b) Sailing triangle
    - Set up buoys or markers to make a triangle course
7. Sailing games
- a) Nerf football tag
    - Campers throw a single Nerf ball at each other in the boats. The person that gets hit with the ball is it. Make sure the ball is soft and easy to throw.
  - b) Obstacle course
    - Create a course around which sailors must perform a variety of skills and tasks that need practice. For example they must round mark 1 twice, and then proceed to mark 2 where they have to capsize and recover. At mark 3 they must sail backward to mark 4, and so on. A variation includes each sailor making four runs through the course, with each run being timed. They try to get the fastest time possible. Another variation is to see how many laps they think they can complete in 5 minutes.
  - c) Top to bottom race
    - All boats must sail a reach to reach course. Each boat must start at the signal and then somewhere between the start and finish must capsize. After capsizing they must swim and touch the top of the mast, then swim to the center board and right the boat. The first sailors to cross the finish line after meeting the capsize requirements are the winners.
  - d) More sailing games can be found in the summer camp green sailing binder.





# SACRAMENTO STATE **AQUATIC CENTER**

## BASIC SAILING EXAM

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**(80 pts total)**

**(1 pt)** Name the steering device in the water

**(3 pts)** Name three lines and explain their use on the boat.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**(2 pts)** Name two knots and explain their use on the boat

1. \_\_\_\_\_

2. \_\_\_\_\_

**(1 pt)** When getting in and out of any boat, always step to and from the \_\_\_\_\_.

**(1pt)** What is the nautical word for the lean of a boat? \_\_\_\_\_.

**(2 pts)** What is the proper sitting position for the helmsman or the skipper?

1. \_\_\_\_\_

2. \_\_\_\_\_

**(1 pt)** Why is gybing more dangerous than a tack?

**(1 pt each)** Define the following:

Fall Off: \_\_\_\_\_

Head Up: \_\_\_\_\_

Jibe (Gybe): \_\_\_\_\_

Come About (Tacking): \_\_\_\_\_

**(1 pt each)** Assuming you are the helmsmen sitting in the proper position, for each of the following, do you push or pull on the tiller?

- Head Up-----Push / Pull
- Fall Off-----Push / Pull
- Jibe-----Push / Pull
- Tack/Come About-----Push / Pull

**(1 pt)** What is the difference between heading up and coming about?

**(2 pts)** What are the two steps for trimming a sail while reaching?

1. \_\_\_\_\_

2. \_\_\_\_\_

**(2 pts)** What are the two steps for trimming while beating?

1. \_\_\_\_\_

2. \_\_\_\_\_

**(3 pts)** What are the three types of reaches?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**(3 pts)** List three options to prevent your sailboat from heeling or capsizing.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**(2 pts each)** Draw a boat, wind arrow and sail(s) for each of the following three scenarios.

- A sailboat beating into the weather, sailing upwind
- A sailboat on port tack
- A sailboat on a broad reach

**(1 pt)** The wind direction is constant. TRUE / FALSE

**(1 pt)** The wind speed is constant TRUE / FALSE

**(1 pt)** Draw a buoy and a boat passing it to starboard.

**(1 pt)** What agency makes laws pertaining to boating in the state of California?

**(1 pt each)** For each of the following, circle the privileged vessel, the vessel with the right of way:

25' powerboat	vs	15' sailboat
20' rowing wherry	vs	14' sailboat
Swimmer	vs	17' sailboat
60' rowing shell	vs	12' powerboat
15' rowing shell	vs	8' sailboat
12' sailboat	vs	anchored powerboat
9' kayak	vs	14' sailboat

**(1 pt)** What is one piece of safety equipment required by law for sailboats?

**(1 pt)** What is the most important safety practice when your sailboat capsizes?

**(1 pt)** When two sailboats are on a collision course and are on the same tack, which has the right of way?

**(3 pts)** When launching and docking a sailboat, which side of the dock do you use and why?

**(1 pt)** What is the minimum distance required to stay away from the Nimbus Dam while sailing on Lake Natoma?

**(2 pts)** If you cannot do a dry capsize, what is the proper way to right a boat and board your vessel?

**(1 pt)** Should the main sheet be cleated while trying to right your boat?

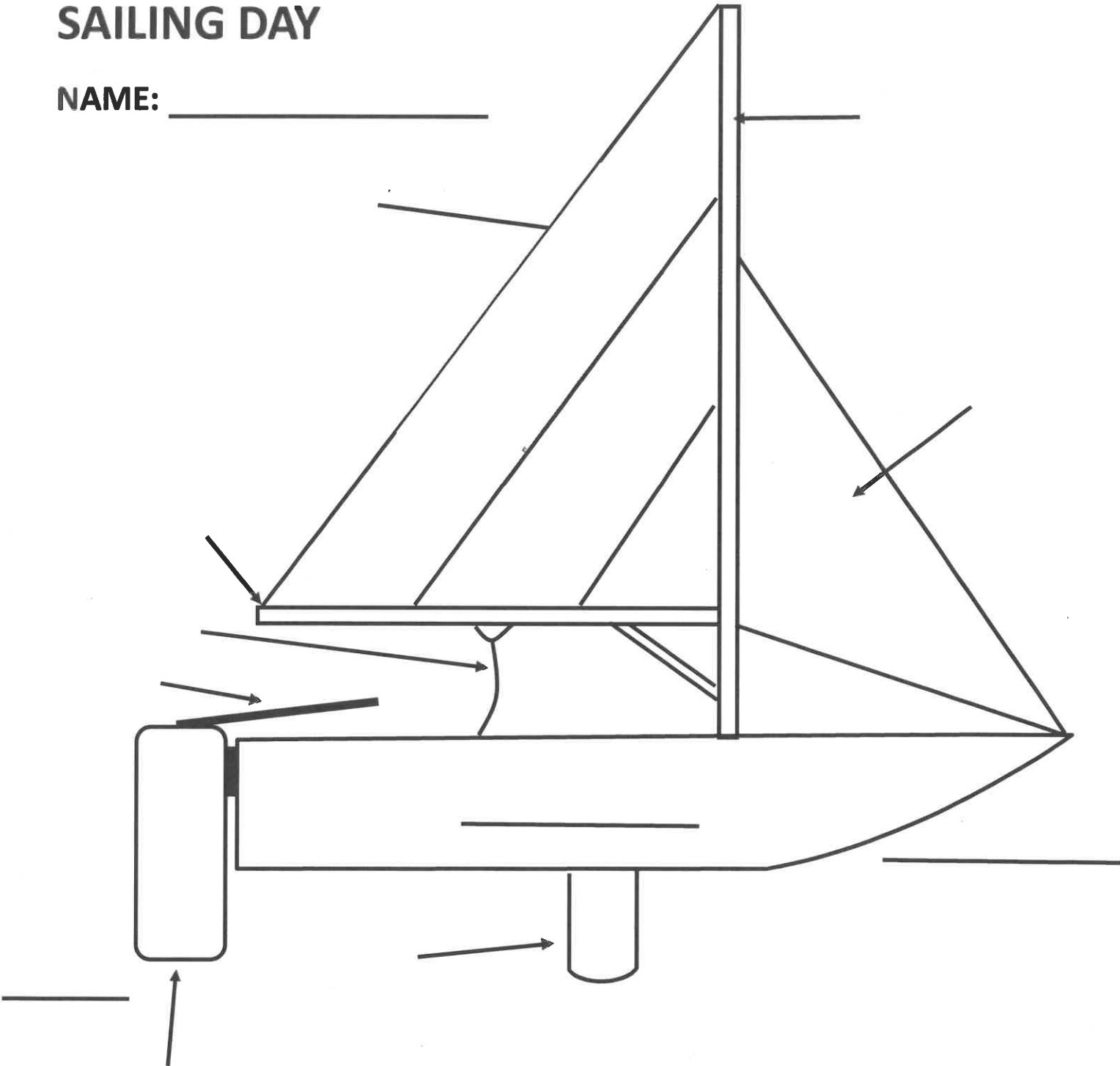
**(1 pt)** Should your vessel be pointed into the wind or away from the while righting your boat?

**(1 pt)** Before pulling your boat onto the dock to de-rig what should already be removed or pulled up?

**(3 pts)** What is the correct way to approach, dock and step off your boat?

# SAILING DAY

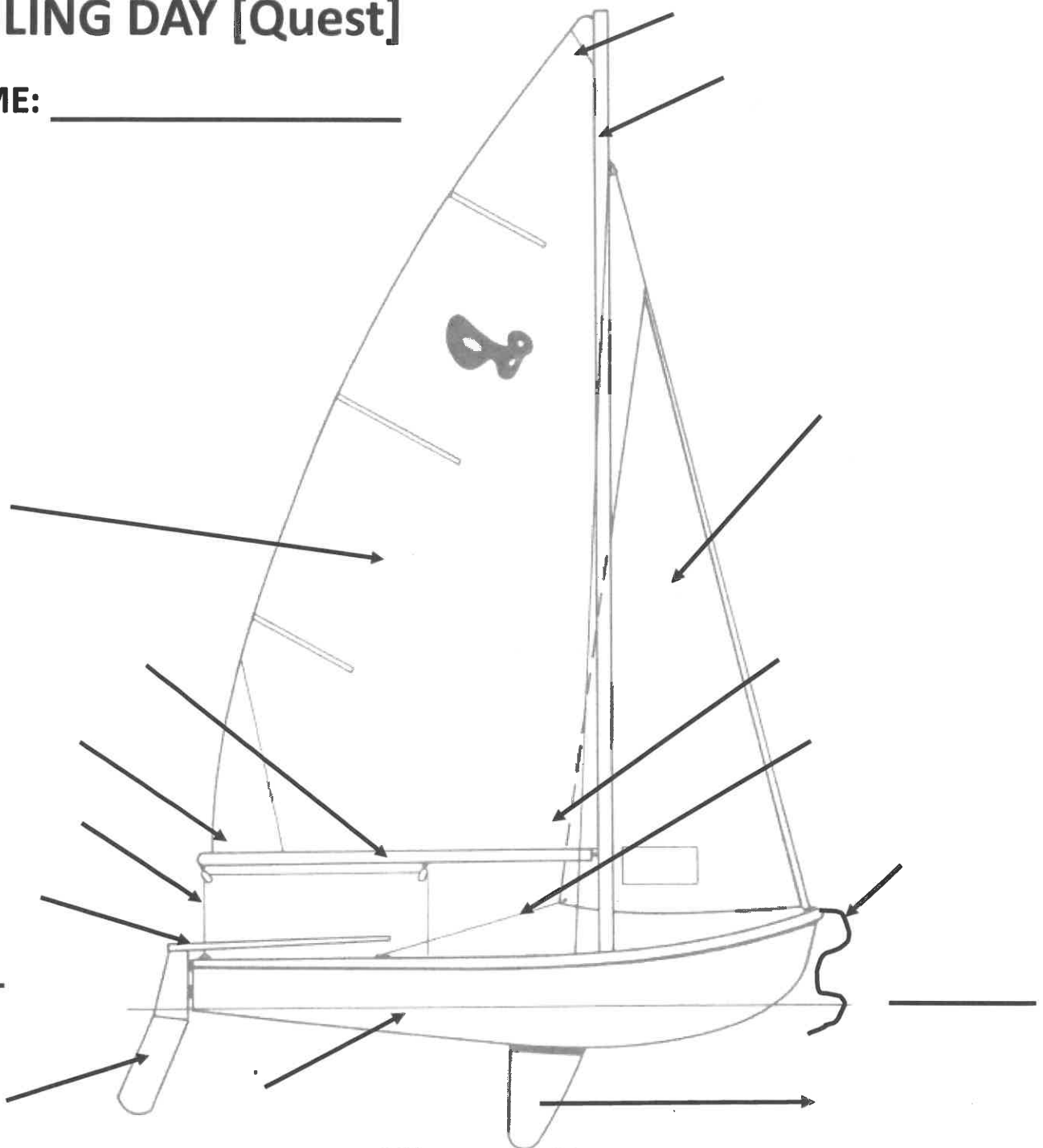
NAME: \_\_\_\_\_





# SAILING DAY [Quest]

NAME: \_\_\_\_\_



## WORDBANK

CENTERBOARD

MAINSAIL

BOOM

BOW LINE

HULL

MAIN SHEET

STERN

HEAD

JIB

RUDDER

BOW

TACK

MAST

TILLER

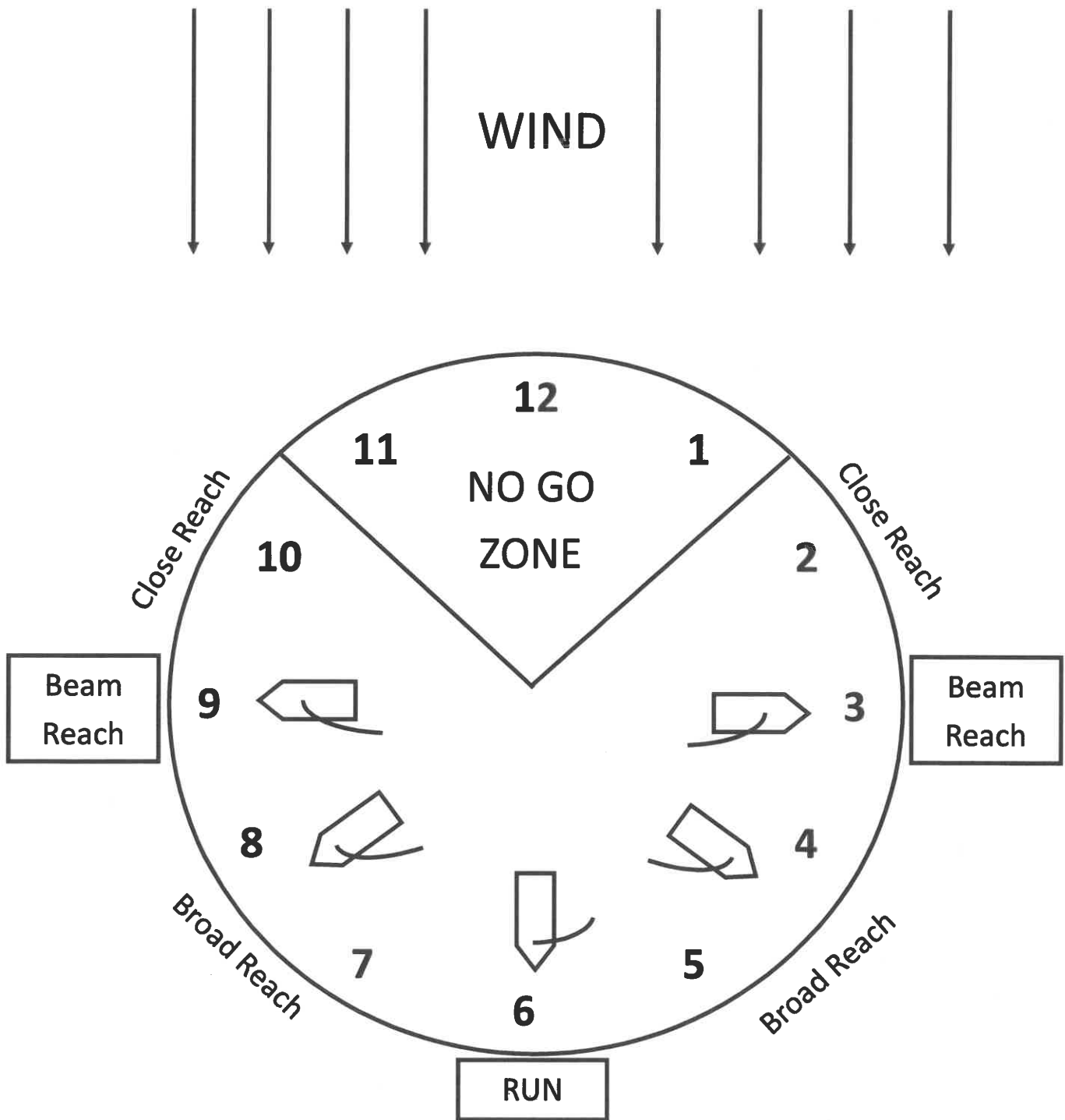
JIB SHEET

CLEW





# THE WIND CLOCK





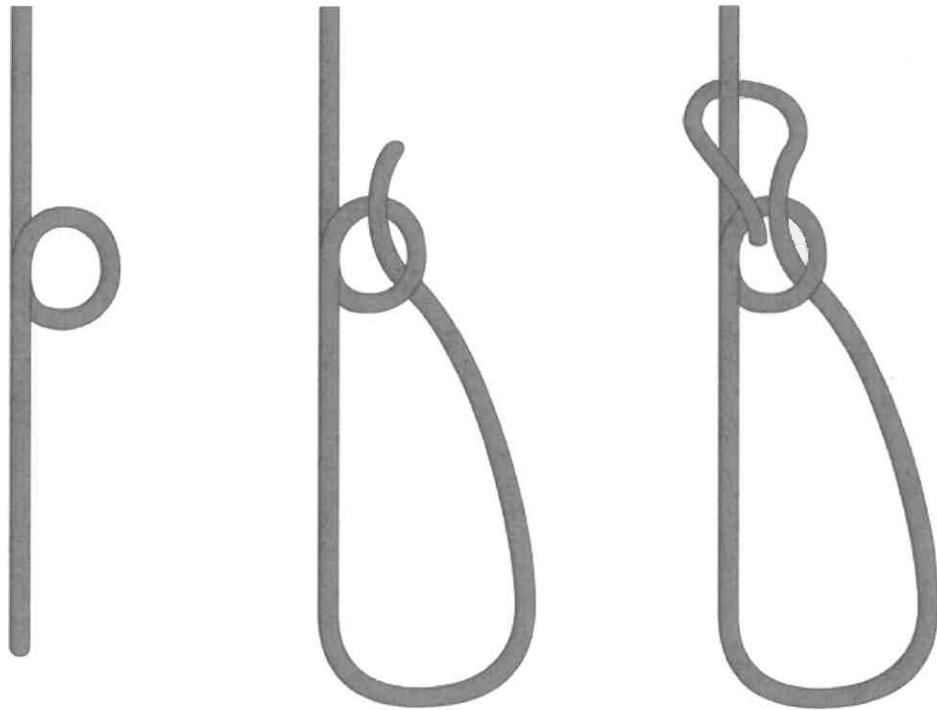
**BROAD REACH (2)**

**RUN**



# BOWLINE

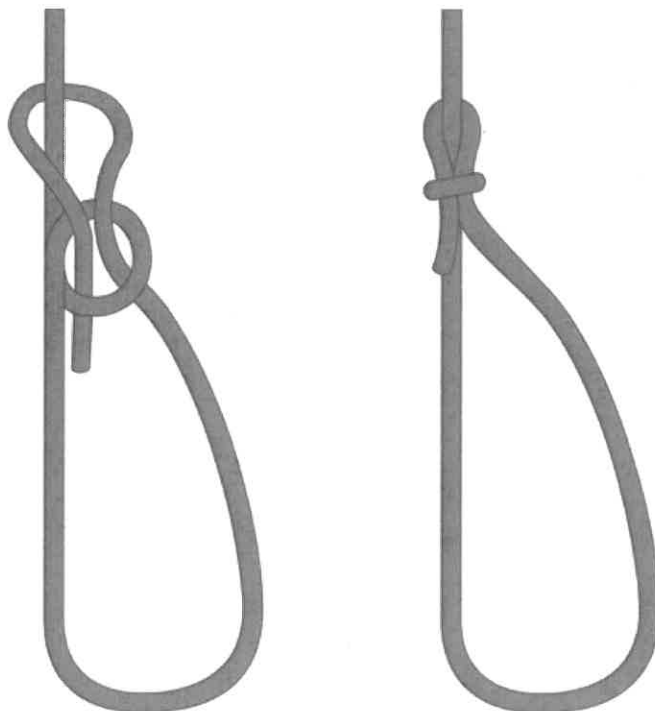
A bowline creates a loop that will not slip when weight is applied.



Form a loop with the lead  
passing over the line

Bring the lead up through  
the loop from underside of  
the loop

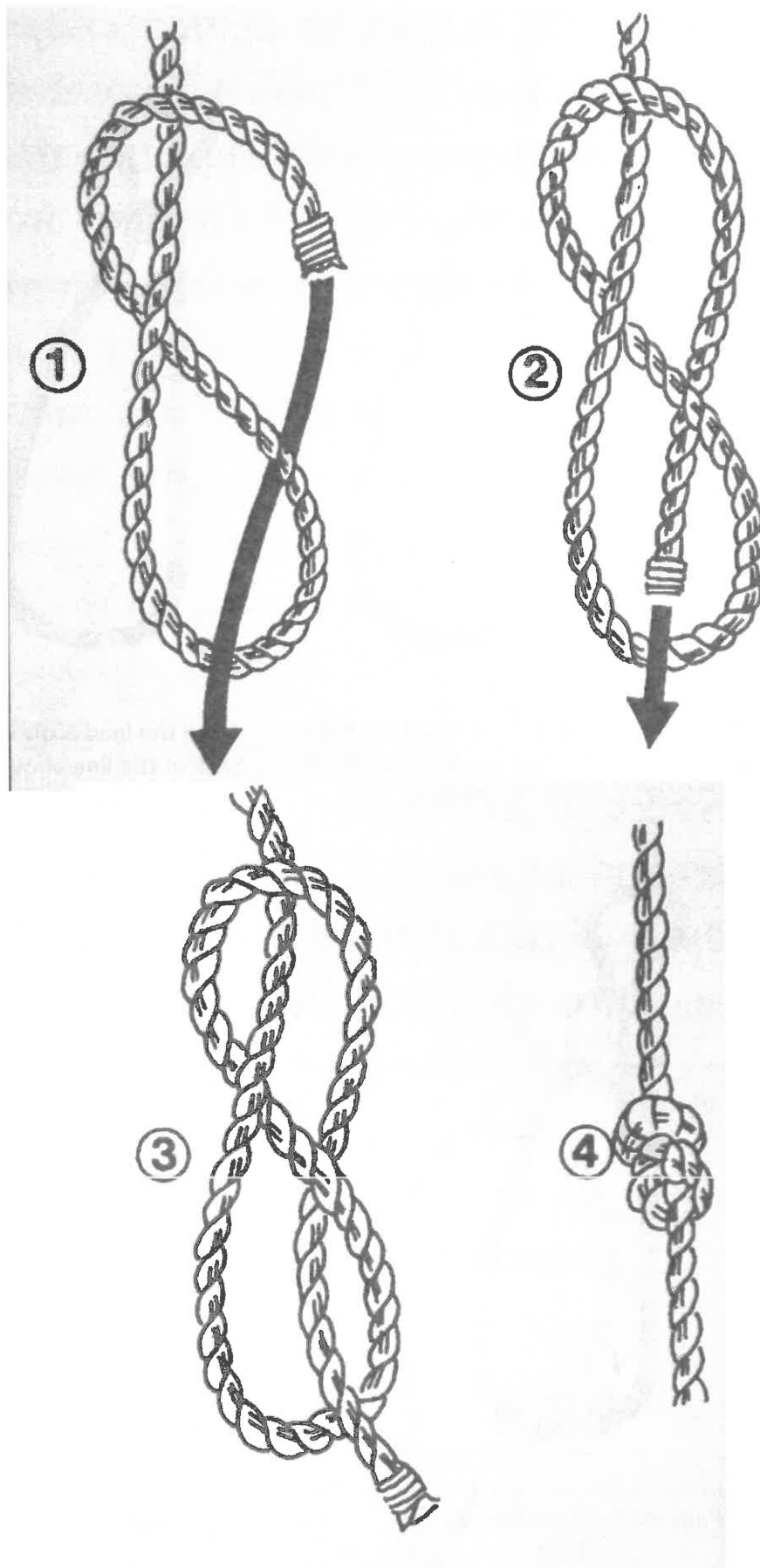
Wrap the lead around the  
back of the line above the  
loop



Pass the lead back down the  
loop

Tighten the bowline

# Figure 8 Knot



# Monkey Fist Knot



1



2



3



4

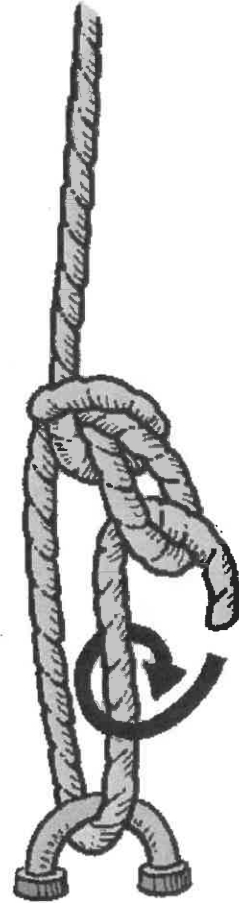


5

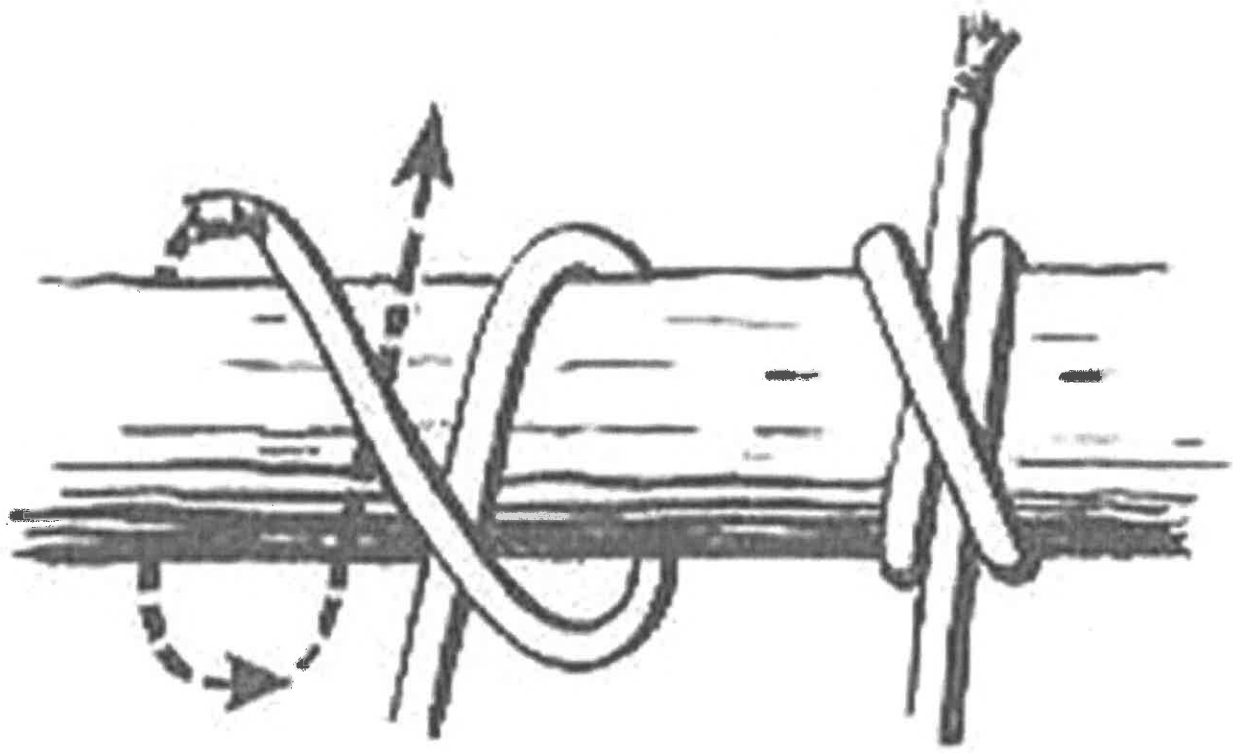




# Trucker's Hitch

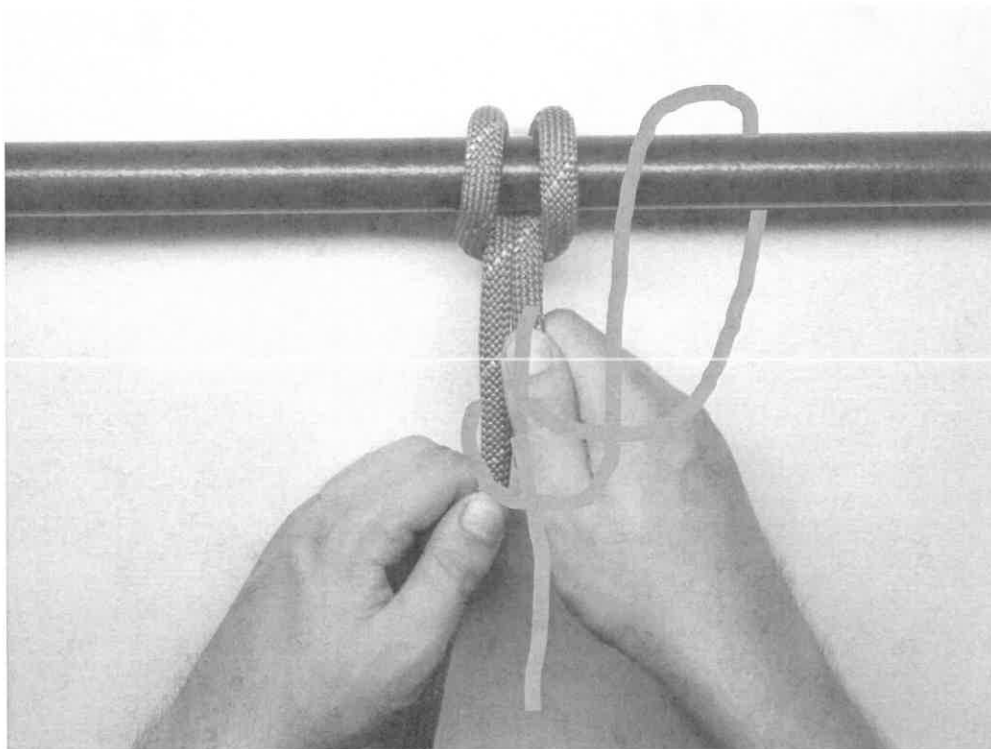
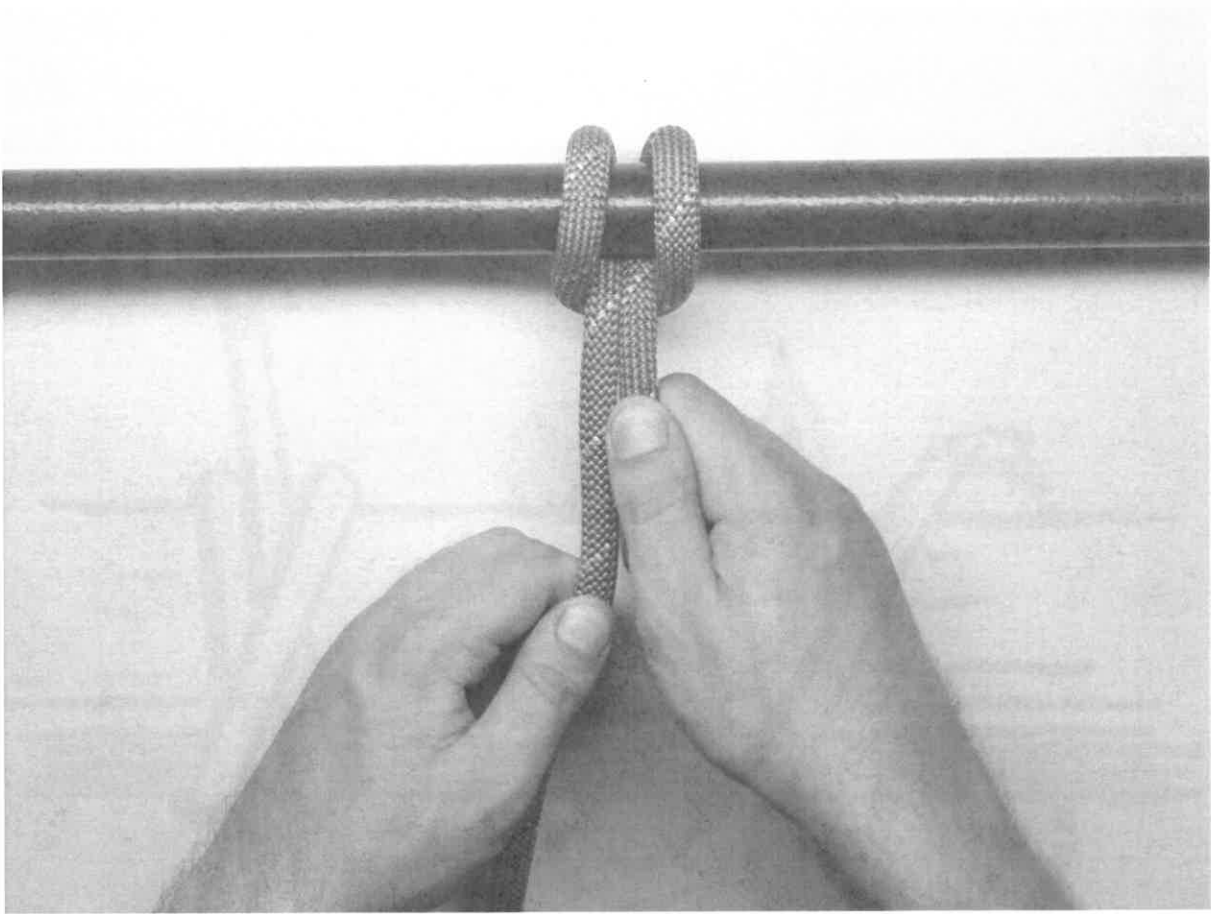


# Clove Hitch

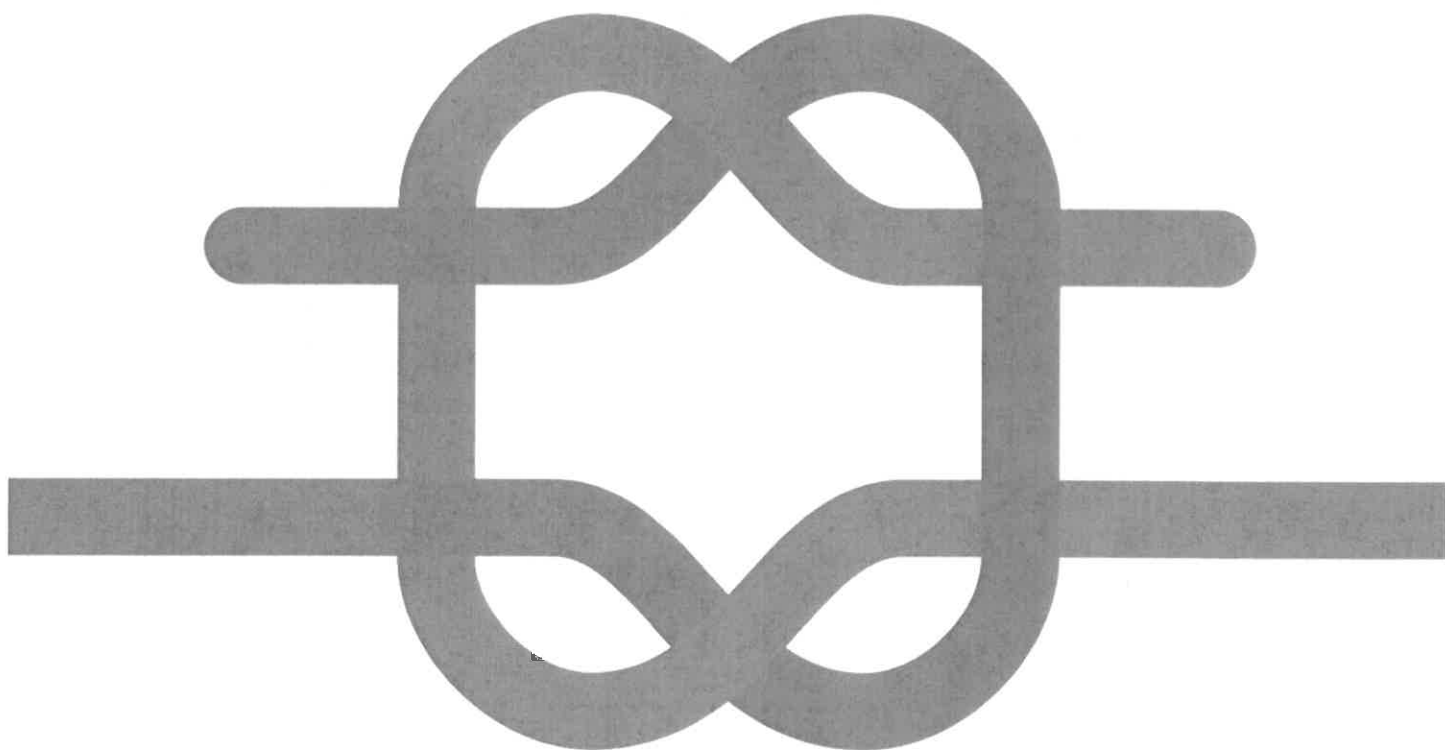


# Cow Hitch

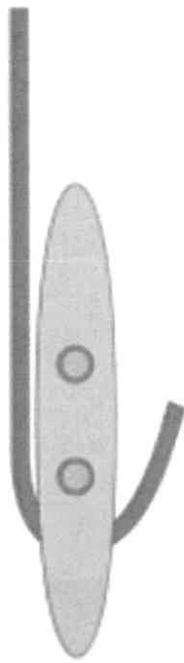
Used to tie up Whitcats with an added half hitch on the tail side and a locking hitch on the leads.



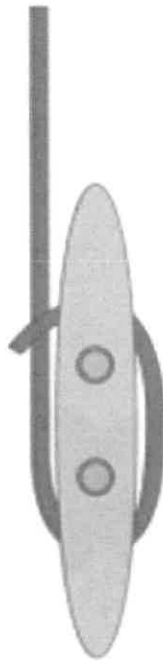
# Square Knot



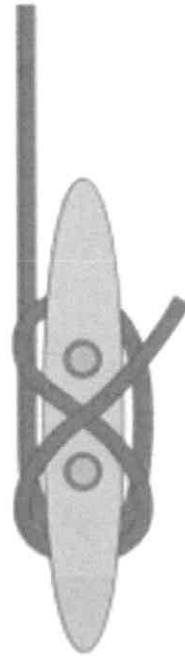
# Cleat Hitch



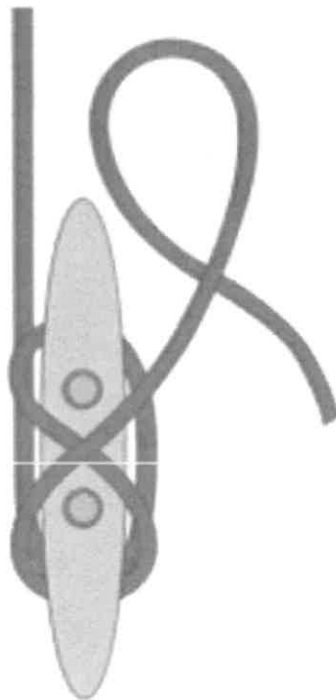
wrap line on the cleat  
base



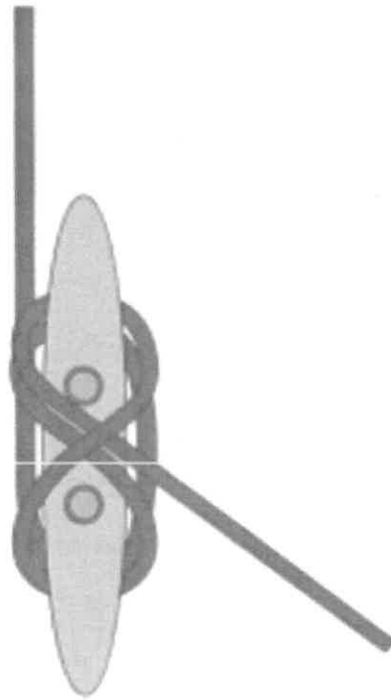
Complete a single loop  
around the cleat base. This  
keeps the line from cinching  
on itself when releasing the  
hitch



Cross the line over the cleat  
and under the horn at each  
end of the cleat



Form a loop with the end of  
the line passing under the  
loop



Pass the loop over the horn  
and cinch the line

SACRAMENTO STATE  
**AQUATIC CENTER**

**Windsurfing**  
**Day**

# THE UNIVERSITY OF CHICAGO



# **BASIC CAMP**

## **Windsurfing Day**

1. Watch a video
  - a) Windsurfing video!
  - b) Aqua Smart: Sailing
  - c) Aqua Smart: Boating Safety
2. Teach the wind clock
  - a) No Go Zone
  - b) Turning up wind
  - c) Turning down wind
  - d) Use the wind clock worksheet to help demonstrate to campers
3. Teach the parts of the board and sail
  - a) Sail, boom, up haul, dagger board, skeg, mast, universal joint
  - b) Use worksheets to label parts of the board
4. Give the windsurfing test
  - a) Do in groups, as a class, or individually
5. Clean up classroom and take campers down to the beach
6. Practical demonstration
  - a) Set up one board and sail on land to demonstrate windsurfing
  - b) Set up the simulator to practice the basic steps
    - Getting the sail out of the water
    - Getting into basic position
    - Getting into sailing position
    - Practice turning upwind and downwind
    - Practice tacking and jibing
  - c) Show the group and then have each of them try it for themselves
7. Beach and channel rules
  - a) Boundaries
    - Stay between State Park dock and steps on the point
    - Do not go on State Park beach
    - Always stay where a counselor can see you
  - b) Beach rules
    - Don't throw sand
    - Leave the geese alone
    - Don't throw rocks
    - You must put away all toys that you got out
    - All sand castles must be leveled at the end of the camp day
      - The beach needs to be flat for other customers so that no one trips or gets hurt
    - Rinse off feet in foot washing buckets before using the restrooms
      - The sand will clog the floor drains in the restrooms
8. Pull out practice boards
  - a) Do not use good boards for playing and practicing
  - b) Have campers work together to carry enough boards down to the beach
    - Pull out a wiggle board for every one or two campers
    - Remind them to take breaks and not drop the boards
  - c) Have campers practice paddling and balancing on the boards



- d) Remember to put away all boards at the end of the day
- 9. Practical instruction
  - a) Set up a few boards so campers can take turns practicing windsurfing
  - b) Tie ropes on to the boards or teach how to self rescue
    - Because of the direction of the wind it is often easy to sail away from the beach and difficult to return
  - c) Work with each camper individually on their windsurfing skills
    - Make sure they can stand on the board, pull up the sail (using the up haul), get in the neutral position, catch wind, turn up wind, turn down wind, drop the sail and self rescue
    - Give each camper a few tries to sail across the channel and back
    - If there is enough time let the campers have more turns windsurfing
    - Have campers that are not windsurfing stay out of the way of the campers who are windsurfing
- 10. Windsurfing board games
  - a) These games should be used as filler activities and to teach balance on the boards. The games are fun but the majority of the day should be spent actually learning to windsurf.
  - b) Simon Says
    - Have campers spread out on the boards in the channel
    - Do moves that will challenge their balance
      - Examples: stand on one foot, walk to the front, jump up and down
    - Camper is out when they fall off of their board or they move when “Simon says” was not said
    - Give otter pops or prizes to the winners
  - c) Freeze Dance
    - Use radio on top of lifeguard tower
    - All campers dance until music stops
    - If your still dancing when music stops you’re out
    - Give otter pops or prizes to the winners
  - d) Wiggle Races
    - This is a race for teams of two
    - One camper stand on the board and has to wiggle while the other camper lays on the back and paddles
    - It is a race to see who can get to the other side and back the fastest while keeping a team member standing on the board
    - Teams will typically start on the Aquatic Center side race to the state park, switch places and race back.
    - Other challenges can be added to the race such as hula-hooping instead of just wiggling
    - Give otter pops or prizes to the winners
  - e) Games will also help campers with balance and coordination on the boards
  - f) It is good to play games the first half of the day so the campers can get comfortable on the boards before they try windsurfing
- 11. Beach Games
  - a) Beach games are an alternative if it is cold or the campers are not crazy about windsurfing or being in the water. Try not to spend too much time on these games because the day should mainly be devoted to windsurfing.
  - b) Sand Castle Contest

- Great for young and older campers
- You can judge on size, themes or creativity
- c) Land skis
  - Good for team building skills
  - Split group into teams of about 5 and get a set of land skis for each team
  - Teams have to step together to make the land skis move
  - Have teams practice before racing
    - A leader can call out step, right, left etc. to get the team to move together
  - Race across beach or cement area
  - Give otter pops or prizes to the winners
- d) Parachute
  - Good for the younger campers
  - There are a variety of games that can be played with the parachute such as: cat and mouse, colors, etc.
  - Use the parachute on the grassy hill so that it does not get sandy from the beach



NAME \_\_\_\_\_  
INSTRUCTOR \_\_\_\_\_

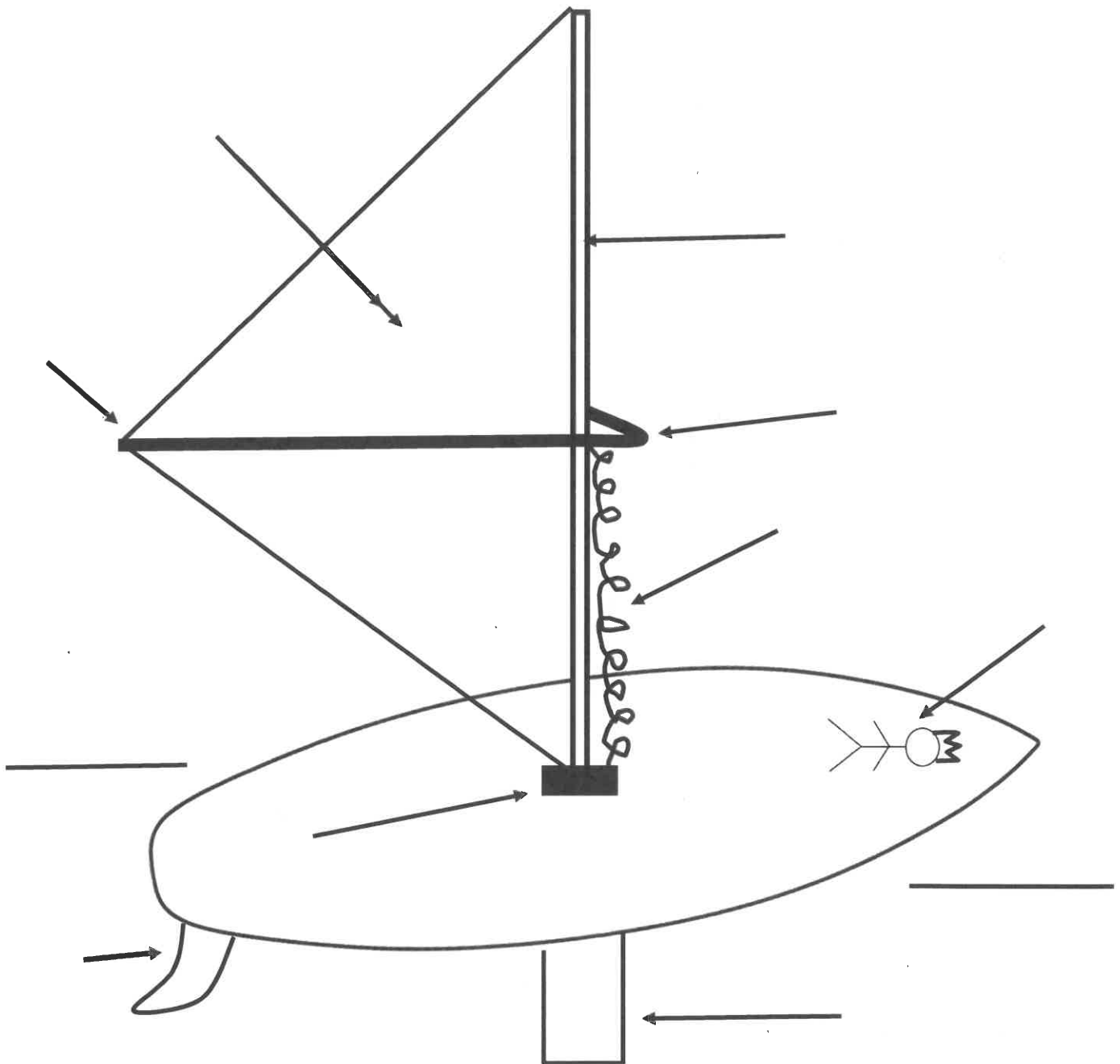
## WINDSURFING TEST

1. What are the proper terms for the front and back of the board?
2. What is the name of the rope used to pull your sail out of the water?
3. True or False: The clew is always over the back of your board when sailing.
4. What is the name of the small fin at the back of the board?
5. What should you do if you sail downwind and are unable to sail upwind to where you started?
6. When sailing should you hold on to the boom or the universal?
7. True or False: You should pull your board up on shore tail first.
8. Where should you feel the wind on your body when you are sailing?
9. What is the name of the long pole that the sail is attached to?
10. True or False: If you are strong enough you can carry a windsurfing board by yourself.



# WINDSURFING DAY

NAME:



## WORDBANK

CENTERBOARD

CLEW

TIKI MAN

FIN

MAST

UPHAUL

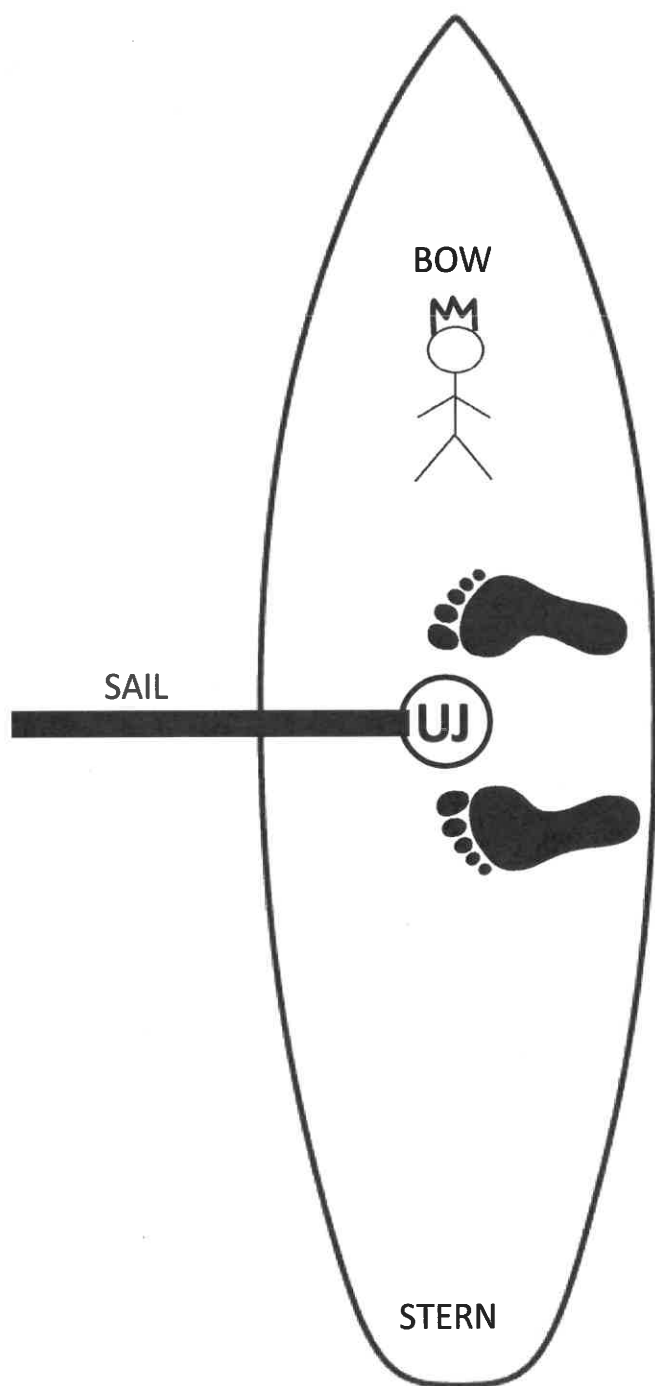
MAINSAIL

UNIVERSAL JOINT

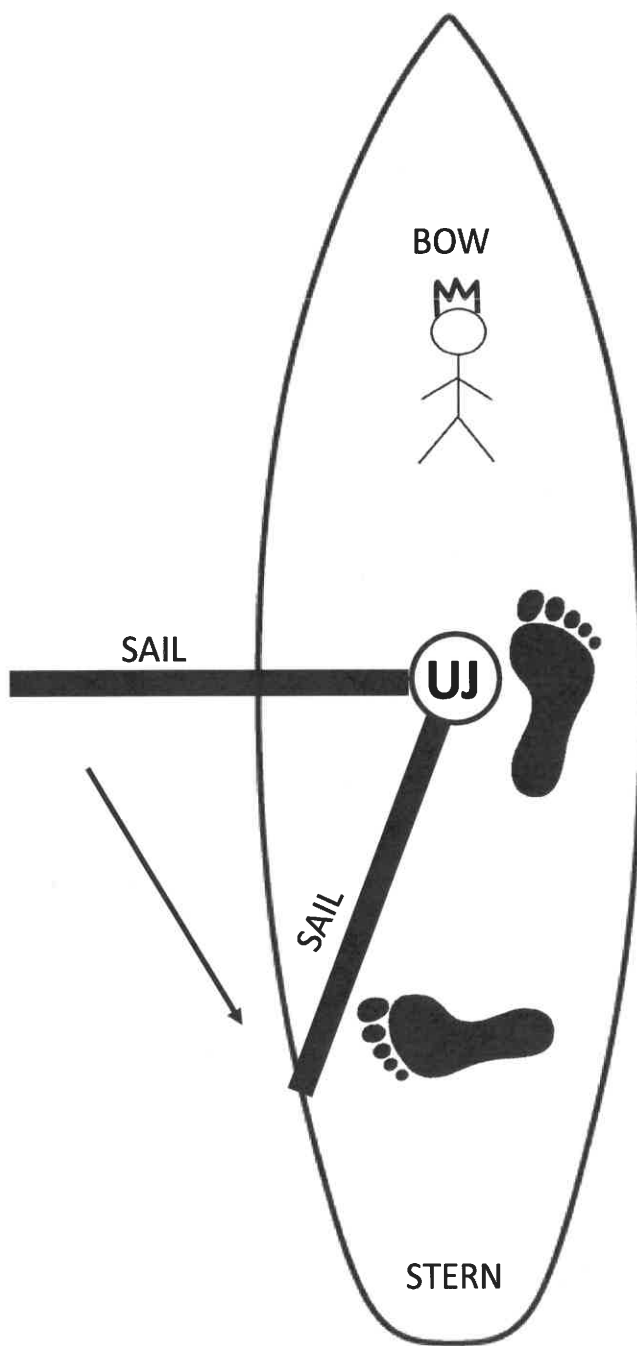
BOOM

STERN

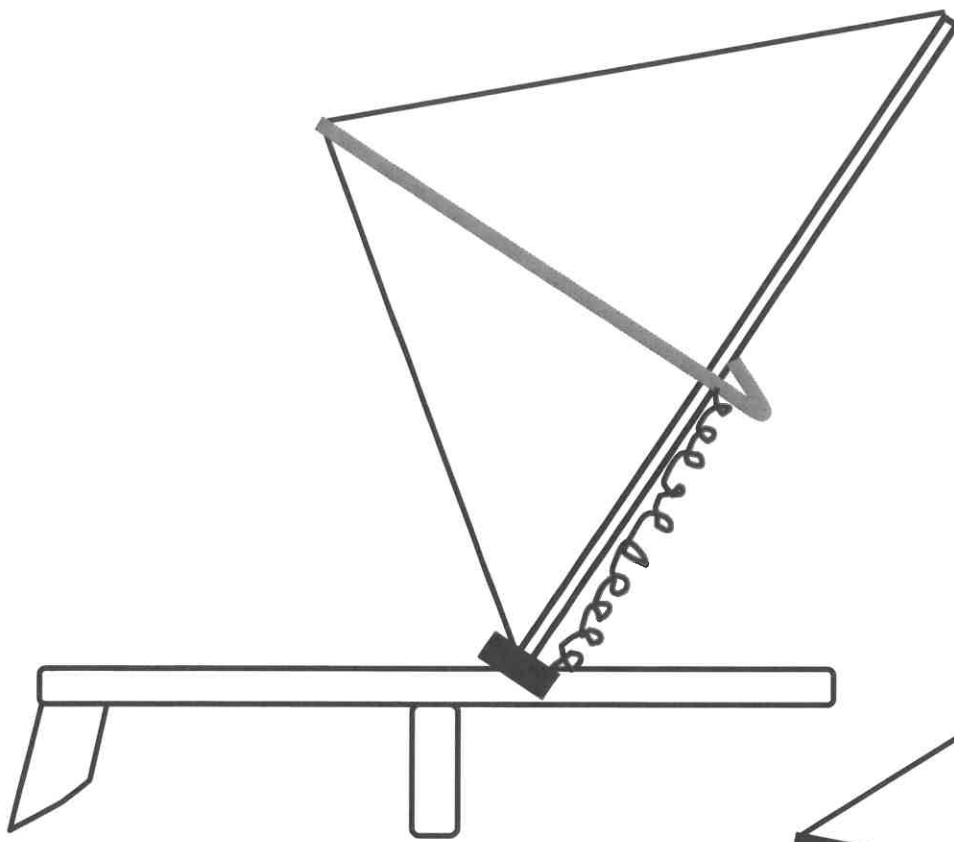
BOW



NEUTRAL POSITION

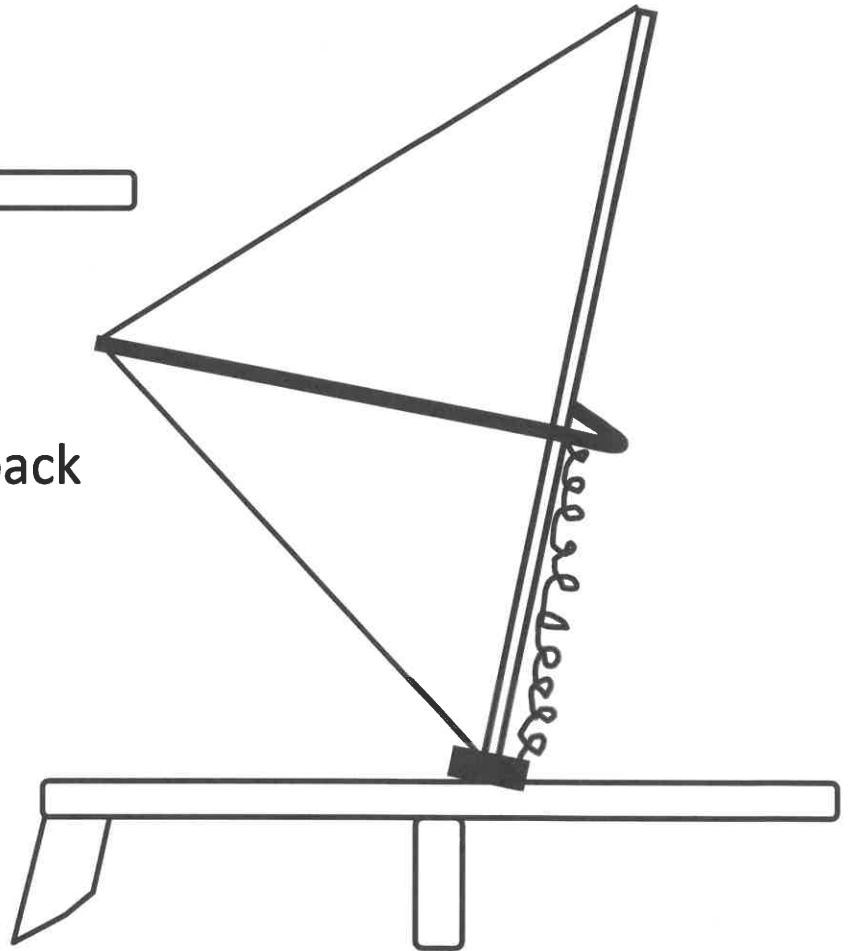


WARRIOR POSITION/  
ACTIVE STANCE

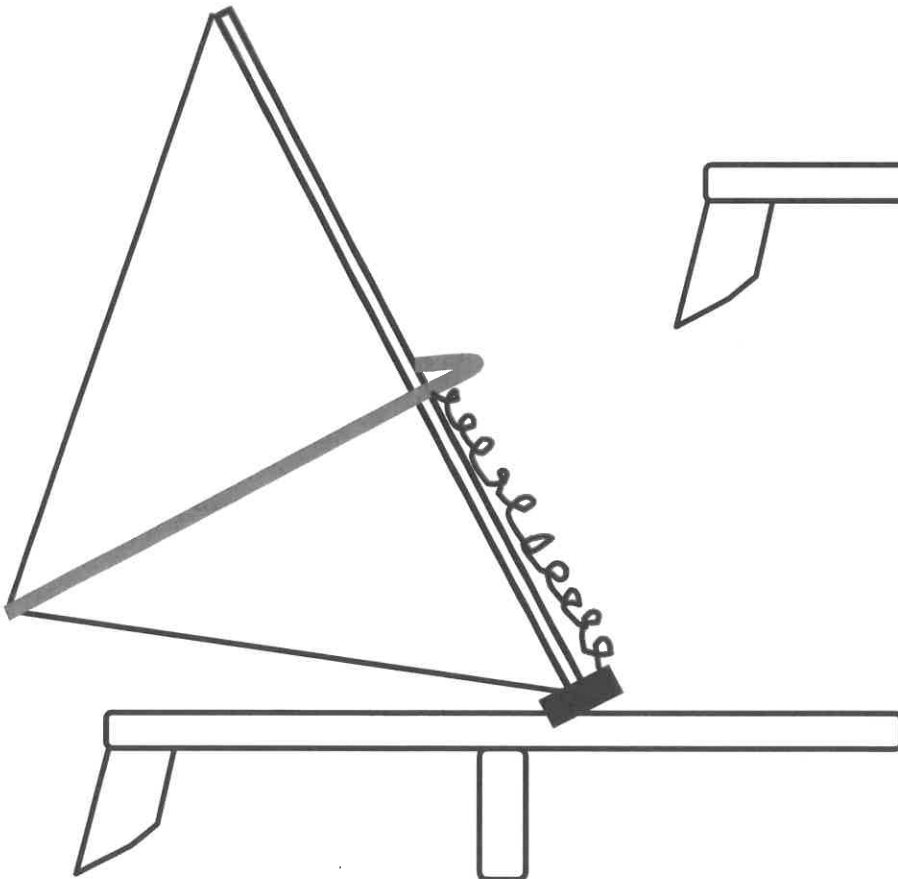


**Neutral (Not Turning)**  
Sail in between front and back  
Board does not turn

**Turning Downwind**  
Sail tilted toward the  
front of the board



**Turning Upwind**  
Sail tilted toward the  
back of the board







# Simon Says

## Wiggle Board Version

### Easy

- Stand on 1 foot
- Jump once
- Do a push up

### Medium

- Jump 3 times
- Find a partner
- Switch places w/ partner
- Burpee
- Switch shoes w/ partner
- Switch board w/ another group

### Hard

- Head stand
- Leap frog w/ partner
- Rock/paper/scissors - loser jumps off
- Cheerleader chant



SACRAMENTO STATE  
**AQUATIC CENTER**

**Boating Safety**  
**Friday**

# THE UNIVERSITY OF CHICAGO PRESS

Volume 100  
Number 1  
January 2008

# **BASIC CAMP**

## **Boating Safety Friday**

1. Watch boating safety videos
  - a) Aqua Smart: Power boating
    - Or any of the sections that haven't already been previously viewed
  - b) Aqua Smart Boating Safety Rules
  - c) Any of the other videos that haven't been viewed by the group and that would be appropriate for them
2. Go over the boating safety book
  - a) Emphasize important areas to the campers
3. Take the boating safety test
  - a) There are different tests for different age groups
    - The teenage campers can take the full DBAW test if you feel they are up to it
    - Younger campers should use the shorter camp test
      - o You can have them take the test all together, in groups, or individually
  - b) Go over the test as a class to make sure that everyone knows the correct answers and emphasize important rules
4. Thank you letters and packet cover sheets
  - a) Have each camper design and complete a cover sheet for their packet
  - b) Have each camper write a thank you letter to those who allowed them to come to camp
    - Usually their parents or grandparents
5. Complete camper packets
  - a) It is good to work on these while campers are watching videos and taking the test
  - b) Each camper should have:
    - Boating Safety Certificate
    - All completed worksheets
    - All completed tests
    - Cover sheet
    - Thank you letter
6. Boating Safety Skits
  - a) Each group is designated a boating safety rule at the beginning of the week
  - b) Campers are to come up with their own original skit
    - Try to have campers work together to come up with a skit
    - Counselors can help but can't do all the work for the campers
  - c) Friday before lunch each group will perform their skit for the rest of the camp
  - d) See Boating Safety Skits page for more information
7. Camper Awards
  - a) Each counselor is to pick the best camper for the week
    - Awards are given for teamwork, cooperation, boating skills, following rules and going above and beyond what was expected
  - b) Awards will be presented after all of the skits are finished
8. BBQ
  - a) There is an optional BBQ for campers on campout Fridays
    - Some of the counselors will be getting the food prepared for the BBQ while the rest of the counselors are supervising the campers
    - It is the same for the clean up portion of the BBQ

- Since counselors are usually paired up have one of the pair do BBQ work and the other supervise the campers
9. After Lunch Activities/Games
    - a) No dock fighting or horse play on the dock
    - b) The entire group must pick an activity to do together
    - c) Groups can go sailing, kayaking, canoeing, windsurfing or do any of the following activities...
    - d) Wiggle races
      - Refer to game section for instructions
    - e) Relay races
      - Use kayaks, hydro bikes, sailboats, and any other equipment and make the races creative
    - f) Parachute games
    - g) Cannonball or belly flop contests
    - h) Land skis
      - Refer to game section for instructions
    - i) W.E.T. Activities Course
      - This area includes the Tension Traverse, Fidget Ladder, and Lily Pads
      - Shoes must be worn at all times on these activities
      - A counselor must be present for any children to be on the course
      - Board shorts or wet suit shorts must be worn while on the tension traverse
      - No more than 8 children at a time on the Lily Pad course
      - A counselor must be on the dock so assist children going from the Lily Pads to the dock
      - No pushing or shoving on the Lily Pads
    - j) Hydro bikes
      - 1 or 2 children at a time on each hydro bike
      - If there are 2 children on the hydro bike one must be on each pontoon
      - Make sure children slow down and don't crash onto the dock
      - They are not bumper boats!
  10. Clean-up
    - a) Trash walk
    - b) Life jacket cleaning
    - c) See Friday cleaning page for more information
  11. Wrap up discussion with campers
    - a) Go over the week with campers
    - b) Reinforce a few more safety issues
    - c) Thank the campers for a good week
    - d) Pass out magnets, packets, certificates, whistles, bookmarks, pencils, etc.
  12. Fill out camp postcards and give to the front office staff to mail

## **FRIDAY SCHEDULE**

10:45-11:30      Intro: Team Names & Team Cheers  
11:30-12:00      OUTSTANDING CAMPER AWARDS  
12:00-12:30      Lunch  
12:30-2:30      BOATING SAFETY OLYMPICS (20 minutes per station)...

Station 1: Sac Dock- "Reach, Throw, or Row"/ "Stay with you Boat"

Station 2: State Dock- Bucket Brigade "Don't Overload your Boat"

Station 3: Beach- Trash Relay "Be Polite, Don't Pollute"

Station 4: W.E.T. Course- "Learn to Swim," "Look Before You Leap,"  
"Learn to Float"

Station 5: Front Grass- Dizzy Lizzy "Alcohol, Drugs, and Boating Don't Mix"

Station 6: Grassy Hill - Life Jacket Relay "Wear a Lifejacket"

2:30-3:30      Trash walk and Lifejacket cleaning

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2:30-3:30      Trash walk and Lifejacket cleaning





## **Final Test for AquaSMART Boating**

1. This test is for 7-11 year old students. It has 20 multiple-choice questions. The passing grade is 75%. (You can miss up to 5 questions and still pass.)
2. Fill in your name, instructor's name and today's date on this test.
3. Circle your answers on this test. There is only one correct answer for each question.
4. Give your test to your instructor for scoring and receiving your completion certificate.

---

Name

---

Instructor

---

Date

1. Stressors put stress on your body. They include:
  - a. Wind, waves, sun and noise.
  - b. Alcohol and drugs.
  - c. All of the above.
2. Who must always wear a life jacket when on a boat?
  - a. Children under 12.
  - b. Only adults.
  - c. No one.
3. What is the right way to wear your life jacket?
  - a. Leave the straps loose so it's east to put on.
  - b. It should fit tight and not lift to cover your ears.
  - c. If any buckles are broken, give it to someone else to wear.
4. What can happen to someone who is under 21 if they are caught drinking alcohol when boating?
  - a. Nothing.
  - b. They can lose their car driver's license, be fined \$1,000 and go to jail.
  - c. Their life jacket will be taken away.
5. How old do you have to be to operate a boat without supervision?
  - a. 12
  - b. 16
  - c. 21
6. When you register a boat at the Department of Motor Vehicles, what do they give you?
  - a. A driver's license.
  - b. Boat Insurance.
  - c. A pair of registration stickers.
7. What is the speed limit of a boat when passing within 200 feet of a swimming area, floating dock or launch ramp?
  - a. 5 miles per hour
  - b. 25 miles per hour
  - c. 50 miles per hour
8. How should you use a whistle to signal danger?
  - a. Blow 5 or more short, quick blasts.
  - b. Swing it in the air on a rope.
  - c. Blow one long blast.
9. What tells you the maximum number of people that can be on a boat?
  - a. Registration sticker.
  - b. Hull identification number.
  - c. Capacity plate.
10. Read the following sentences. Which one is true?
  - a. Passengers can safely ride on gunwales.
  - b. People who hunt or fish from boats are also boaters.
  - c. It is safe to stand in a small boat.

**TURN YOUR PAPER OVER  
AND FINISH THE QUESTIONS.**

11. A float plan tells where you are going boating, when you will return and who is going with you. Who should you give your float plan to before you go boating?
- The U.S. Coast Guard.
  - The sheriff's department.
  - A relative or friend.
12. When should a water ski flag be held up?
- When a skier or ski equipment is in the water.
  - When a skier is skiing.
  - When the boat runs out of gasoline.
13. Who must wear a life jacket when on a personal watercraft?
- The operator only.
  - Everyone.
  - Passengers only.
14. What is a lanyard used for on a personal watercraft?
- To stop the engine or activate the self-circling device if the operator falls off.
  - To clip your keys to your life jacket.
  - To show you the fuel level.
15. Safety gear for personal watercraft operators includes:
- A properly fitted life jacket with a whistle attached.
  - Gloves, booties, and sunglasses.
  - All of the above.
16. Read the following sentences. Which one is true?
- A personal watercraft is not a boat.
  - A personal watercraft is a small boat.
  - A personal watercraft is a raft.
17. What are the rescue steps for saving someone that has fall into the water?
- Reach, throw or row.
  - Go call for help, but do not go in the water.
  - All of the above.
18. If a boat capsizes or turns over, what should you do?
- Stay with the boat and climb onto the hull if you can.
  - Swim for shore.
  - Take off your life jacket.
19. If you fall from a kayak or raft into a river alone, you should get into the safety position. What is the safety position?
- Floating while curled up into a ball.
  - Floating on your back feet-first downstream, keeping your toes up out of the water.
  - Floating on your stomach with your face in the water.
20. Boating accidents in California are filed with the Department of Boating and Waterways. Which accidents must be reported?
- When a person dies, disappears or needs medical treatment beyond first aid.
  - An accident that involves more than \$500 of damage or there is a complete loss of a boat.
  - All of the above.

**Remember to give your test to your instructor for scoring  
and receiving your completion certificate.**

SACRAMENTO STATE  
***AQUATIC CENTER***

**SPECIALIZED  
CAMPS  
and  
GROUPS**

# UNITED STATES DEPARTMENT OF THE ARMY

OFFICIALS

CAMP

ONE

GROUP

SACRAMENTO STATE  
**AQUATIC CENTER**

**Sailing Camp**

# THE UNIVERSITY OF CHICAGO PRESS

CHICAGO PRESS

CHICAGO

# SAILING CAMP

## 1. MONDAY

- a) Ice breakers
  - Get to know the campers and have them get to know each other
  - Play names games and do introductions
- b) Boating Safety
  - California Department of Boating and Waterways
  - PFD-personal floatation device required by law
  - When capsize- stay with the boat and account for all passengers
- c) Introduce the parts of the boat
  - Hull
  - Main sail- head, tack, and clew...luff, foot, and leech, jib
  - Rudder, tiller(tiller extension), centerboard(dagger board)
  - Mast, boom
  - Main sheet, jib sheet (sail controls)
  - Out haul, down haul (Cunningham), boom vang, halyards (main and jib)
  - Plugs (hull and drain)
- d) Tying knots
  - Bowline (tie to the dock)
  - Figure-eight (Cunningham, main sheet, etc.)
  - Cleat hitch (halyards)
  - Stopper Knot (mainsheet)
- e) Proper use of the boats
  - Make sure to handle all boats with care
  - Do not run them into anything
  - If something seems to not be working properly ask us, and we will fix it. Do not try to hit, push, or yank anything.
- f) Capsize Drills
  - How to safely capsize the boats
  - Practice first with line tied to dock, then in open water during the sailing time
- g) Sail Lasers

## 2. TUESDAY

- a) Points of Sail
  - No Go Zone
  - Beat or close hauled
  - Close reach
  - Beam reach
  - Broad reach
  - run
- b) Turning
  - Tacking- turning the bow of the boat through the No Go Zone



- Jibing- turning the stern of the boat through the No Go Zone (both of these the sails/boom change sides of the boat)
- Head up- turning closer to the wind source
- Falling off- turning away from the wind source
- c) Ways to avoid a capsize
  - hike out
  - let sail out
  - head up into the wind source
- d) Sail Lasers

### **3. WEDNESDAY**

- a) Trimming the sail with the sheets (main and jib)
  - Beating- head up until sail luffs, then fall off until stops luffing
  - Reaching- let out sail until it luffs, then pull it in until it stops luffing
- b) Position in the Boat
  - Step into and out of the middle of the boat (balance to not tip over)
  - Skipper/Crew sit as far forward as possible
  - Skipper on windward side, while crew moves around to keep boat flat
  - In front of tiller so easy to turn
- c) Wind
  - Wind speed is never constant
  - Wind direction is never constant
- d) Docking
  - Use leeward side of dock
  - Point boat into No Go Zone to slow down
  - Sails uncleated (always)
- e) Sail Quests

### **4. THURSDAY**

- a) Right of Way
  - Starboard over Port tack
  - Leeward over Windward
  - Slower over Faster
  - Sail over Powerboat
  - Commercial over Pleasure (sail over powerboat)
  - Paddle/row over Sail
  - Anchored over Moving Boat
  - The best ways to avoid a collision
- b) Sail Quests/Picos/Lasers

### **5. FRIDAY**

- a) Fine tune all previous skills
- b) Possibility of sailing Quests, Picos, or Lasers
- c) Camper Awards
  - Each counselor is to pick the best camper for the week

- Awards are given for teamwork, cooperation, boating skills, following rules and going above and beyond what was expected
- Awards will be presented after all of the skits are finished
- d) BBQ for lunch with the rest of camp on campout weeks
- e) Take the sailing test
  - Test is optional for campers
  - If they pass the test they will be checked out on a laser and can come back in the future and rent the laser
    - Have them fill out a class waiver form and sign them off on the laser
  - Have Cindi sign the Boy Scout Merit Badges if applicable
- f) Clean up with the rest of camp
  - Trash walk
  - Life jacket wash
  - See Friday clean-up page for more information
- g) Wrap up
  - At the end of the day pass out magnets and completed work from the week
  - Reinforce a few sailing and safety issues
  - Thank campers for a good week
- h) Fill out camp post cards

## **6. BOUNDARIES**

- a) Give campers boundaries for where they can sail
  - No going past the point
  - Stay away from the dam
  - Don't go into the channel

## **7. SAILING DRILLS**

- b) Crosswind figure eight drill
  - Set up two buoys or use markers to complete the drill
  - Refer to diagram for example
- c) Sailing triangle
  - Set up buoys or markers to make a triangle course

## **8. SAILING GAMES**

- d) Nerf football tag
  - Campers throw a single Nerf ball at each other in the boats. The person that gets hit with the ball is it. Make sure the ball is soft and easy to throw.
- e) Obstacle course
  - Create a course around which sailors must perform a variety of skills and tasks that need practice. For example they must round mark 1 twice, and then proceed to mark 2 where they have to capsize and recover. At mark 3 they must sail backward to mark 4, and so on. A variation includes each sailor making four runs through the course, with each run being timed. They try to get the fastest time possible. Another variation is to see how many laps they think they can complete in 5 minutes.

- f) Top to bottom race
- All boats must sail a reach to reach course. Each boat must start at the signal and then somewhere between the start and finish must capsize. After capsizing they must swim and touch the top of the mast, then swim to the center board and right the boat. The first sailors to cross the finish line after meeting the capsize requirements are the winners.
- g) Human Knot
- Campers are divided up into groups. Each group is assigned a different knot. The students are then to tie their 'human' knot using themselves as the line. This gives them a different way of visualizing what a knot looks like. Provide pictures of the knots for them to follow.
- h) Rigging races
- Teams take turns trying to rig a sail or boat as quickly and accurately as possible. Some variations can be: running the activity as a relay or incorporating sailing around a course.
- i) Sailing Olympics
- With teams of any size, run a variety of games that involve as many sailing skills as possible. Include activities like sail folding (speed and neatness); knot tying (everyone ties one knot or timed); rigging/de-rigging (for accuracy and speed); paddle relays; docking and take off relays; team race; boat part Pictionary with teams; line toss (distance and or accuracy); and so on. The Olympics can be ongoing for the entire week. It is good to have a scoreboard to follow the progression. Take care to mix high skill/speed events with wacky events that anyone could win. Even the odds in some of the subjective events like a crazy hat competition – the options are endless. Let your creativity be your guide.
- j) POOP DECK
- Get to know you game and learning the parts of a boat
  - This game should be performed in a large classroom or field. To play the leader of the activity will call out the commands. The participants will listen for commands and react appropriately. The commands are as follows:
    - Bow- lay on the ground on your front.
    - Stern- lay on the ground on you back.
    - Port- pick up your left leg and grab it with your left arm.
    - Starboard- pick up your right leg and grab it with your right arm.
    - Man over board- one person jumps onto the back of another person.
    - Life boat- three or four people are sitting on the ground in a row acting like they are paddling a boat.
    - Captain on deck- look at the leader and say "Aye, Aye Captain."
    - Swab the deck- pretend to be washing the deck.
    - Walk the plank- pretend to walk to the edge of the plank and jump off the end.
- k) SALVAGE
- This is a capsize game. As many boats as there are players (or teams) for each "round" of the game fully rigged. Capsize them about 50 feet from the dock. Each player in each round must swim from the dock to his/her/their boat, right it, and sail back to the float. The boat must have all the water bailed out so that less than one finger-width of water remains in the boat. The first boat back wins that heat, best time, etc.
- l) More sailing games can be found in the green summer camp sailing binder

# SUMMER CAMP ADVANCED SAILING

## WRITTEN PRACTICAL

Name \_\_\_\_\_ Counselor \_\_\_\_\_ Date \_\_\_\_\_

1. Name the steering device in the water \_\_\_\_\_.
2. Name three lines used for sail adjustments  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. What knot is used to prevent a line from slipping through a block or cleat?
4. When getting in or out of any small boat, you should always step to and from the \_\_\_\_\_.
5. What is the meaning of heeling?
6. What does it mean to “fall off” or bear off?
7. What does it mean to “head up”?
8. What does it mean to “come about” or tack?
9. What does it mean to “jibe”?
10. Do you push or pull the tiller when you “come about”?

11. How do you accomplish a “jibe”? List step by step.
12. What is the difference between “jibing” and “falling off”?
13. When sailing any boat and the boat capsizes, what is the most important safety rule?
14. What are three options you have if your boat is heeling excessively and you are about to capsize?  

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15. Name three types of reaches  

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16. While running, where is the wind coming from?
17. Which is constant, wind speed or wind direction?
18. The sailing area is about \_\_\_\_\_ degrees. (Hint, remember the wind clock)
19. What does “windward” mean?
20. What does “leeward” mean?
21. When launching or landing a sailboat, which side of the dock do you use?

22. Why do you use this side?
23. If you are on a beam reach and your sail starts to luff, how do you make the sail stop luffing?
24. What causes a sail to luff?
25. How do you trim a sail to bring it into the optimum position in the wind?
26. What does “sheeting” mean?
27. When two sailboats are coming at each other from different tacks or reaches, who has the right of way?
28. Rank the priority of the right-of-way for the following:  
Rank 1—7 1=Highest 7=Lowest
- |       |                            |
|-------|----------------------------|
| _____ | Powerboats                 |
| _____ | Rowing Craft               |
| _____ | Paddle Craft               |
| _____ | Sailboat                   |
| _____ | Commercial Craft           |
| _____ | Boat rescuing another boat |
| _____ | Motoring Sailboat          |
29. What piece of safety equipment is required by law for sailboats?

Draw a boat, the wind, and the sail for the conditions in questions 30-32

30. Boat on a run
31. Boat going to weather or close reaching
32. Boat on a starboard tack (starboard reach)
33. Boat passing a buoy to port

Dear Sailing Camp Parents,

After successful completion of sailing camp your child will be checked off to rent certain sailboats in the future. Your child will be sent home with a release form. This form must be completed and brought back to the Aquatic Center where it will be kept on file. This card will be the proof that your child is able to rent a sailboat and sail it safely. Often times there will be restrictions placed on your child. These restrictions are usually about size and wind speed. Your child should also receive a certificate that will allow them to have 2 hours of a free rental. Keep in mind that your child will have to have a parent or guardian present for the rental of a boat. That is our policy with all rentals at the Aquatic Center. If you have any questions please ask your child's instructor or one of the staff members in the office.

Thank You,

Aquatic Center Staff

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Thank You,

Aquatic Center Staff





**SAILING CAMP**  
*Completion  
Certificate*

SACRAMENTO STATE  
**AQUATIC CENTER**

This certificate entitles: \_\_\_\_\_

To: 2 Hours Rental of Pico or Laser \_\_\_\_\_

Authorized by: \_\_\_\_\_

**MAY NOT BE CASHED IN!**

Lake Natoma  
1901 Hazel Ave  
Gold River CA 95670  
(916) 278-2842  
AC Course #:

Expires: December 31, 2021  
\_\_\_\_\_

**SAILING CAMP**  
*Completion  
Certificate*

SACRAMENTO STATE  
**AQUATIC CENTER**

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\_\_\_\_\_



SACRAMENTO STATE  
***AQUATIC CENTER***

**Paddle Camp**

# THE 2007-2008 FEDERAL BUDGET REVENUE ESTIMATES

## Summary of Key Features

The 2007-2008 federal budget estimates are based on the 2007-2008 federal budget, which was tabled in the House of Commons on June 27, 2007. The budget estimates are based on the 2007-2008 federal budget, which was tabled in the House of Commons on June 27, 2007. The budget estimates are based on the 2007-2008 federal budget, which was tabled in the House of Commons on June 27, 2007.

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# **PADDLE CAMP**

## **1. Monday: RIVER KAYAK DAY**

- a) Watch Cold, Wet and Alive
  - Ask review questions (in video resources section)
- b) Give paddle instruction talk
  - how to hold the paddle
    - when walking hold it straight up and down
    - to paddle hold shoulder with apart with knuckles on top
  - Strokes:
    - forward
    - backward
    - draw
  - Parts of the paddle:
    - shaft
    - blades
  - Turning and stopping the kayak
    - Forward stroke left and right turns
    - Sharp turns using a backward stroke
    - Turning using forward and backward strokes on opposite sides
    - Stopping kayak by digging blade and holding water
- c) Give introduction to slalom kayaks
  - Show how to do a wet exit
    - Have all campers practice
- d) Paddle down the lake in slalom kayaks

## **2. Tuesday: ROWING DAY**

- a) Give basic rowing instructions
- b) Show campers how to erg
  - They can do a race to see who has the best erg time
- c) Show campers the rowing shells and oars
- d) Give practical instructions on the dock
  - Set up a few rowing shells
  - Have campers get in pairs or groups
  - Have one camper get in the rowing shell while they other holds it on the dock
    - Have them practice balancing in the boat
    - Have them practice some strokes and turning
  - Let each camper take turns rowing away from the dock, turning and coming back
- e) Take a rowing trip down the lake
- f) If time and ability permits take out and eight in the afternoon

## **3. Wednesday: KAYAK TRIP DOWN LOWER AMERICAN RIVER**

- a) Make sure all campers have helmets and heel strap shoes
  - Use duct tape if they forgot heel strap shoes
  - We have extra if the campers don't have their own helmet

- b) Load the trailer with:
  - Single kayaks for campers, canoes for counselors, paddles, life jackets, first-aid-kit, dry bags, water jug, rope, Nextel.
- c) Have campers watch White Water Primer while counselors are loading the equipment
- d) Campers will ride on the bus to Sailor Bar, the truck and trailer will follow
- e) Give Safety Talk
  - Follow counselors line
  - Strainers
  - Positive pointing
  - Stay with your boat if possible
  - Swimmers position
  - Foot entrapment
- f) Take the kayak trip from Sailor Bar to Goethe Park
  - Each camper should have in their personal kayak:
    - Water bottle
    - Helmet (must be worn the entire day)
    - Paddle
    - Life jacket (must be worn the entire day)
  - Counselor canoe should have:
    - First-aid-kit
    - Dry bags
    - Nextel/cell phone
    - All lunches
    - Sunscreen
    - Water jug
    - Rope
- g) Have lunch on the cliff area before the San Juan Rapids
- h) San Juan Rapids
  - Stay to the left for easy trip
  - Swimmers position if they flip
  - After going through the rapids have campers park their boats on the left side river bank
  - Campers can then swim the rapids with the counselors if they choose
- i) Pull out boats at Goethe Park
  - Everyone needs to help take all of the equipment up to the parking lot
- j) Load trailer, load campers on bus and head back to the Aquatic Center
- k) Make sure the campers are prepared for Thursday
  - For the white water raft trip they will need to bring
    - Helmet
    - Water bottle
    - Lunch (will stay in rafting bus so does not need to be water proof)
    - Sunscreen
    - Signed permission slip
    - Heel strap shoes
- l) If the group returns to the Aquatic Center early have campers participate an organized water activity
  - They can use the challenge course, hydro bikes, swim on the beach, practice skits, etc.

4. **Thursday: WHITE WATER RAFT TRIP**

- a) Make sure all campers have:
  - Signed permission slip
  - Lunch, sunscreen, water bottle
  - Helmet
  - Heel strap shoes (use duct tape if they forget)
- b) Have all campers apply sunscreen in the morning before they get to the river
  - They won't be taking it in the boat with them
- c) The American River Recreation bus will pick us up between 8:45 and 9:00am
- d) The only thing that campers need to bring on the raft is their water bottle and helmet
  - Everything else should be left on the bus
- e) The White Water Raft Trip will go from Chili Bar Dam to Lotus Park
- f) Have lunch and play at Lotus Park
- g) Head back to the Aquatic Center at 1:00pm and arrive at 2:00pm
- h) Have campers practice their skit or do water activities when they get back to the Aquatic Center

5. **Friday: ADVENTURE RACE AND BBQ (Friday)**

- a) Adventure race
  - Multiple modes of transportation (sailing, kayaking, sup)
  - Boating safety trivia
  - Scavenger hunt (out on the lake or photo related), AC staff included in handing out clues (riddles)
  - Snacks (otter pops, Oreos)
  - Counselor input imperative to the success of the race
- b) Camper Awards
  - Each counselor is to pick the best camper for the week
    - Awards are given for teamwork, cooperation, boating skills, following rules and going above and beyond expectations
- c) BBQ
  - Have the BBQ with the rest of camp
    - Refer to BBQ page for more info
- d) After lunch the group can take out the outrigger canoes for more fun and practice or choose to practice other paddling activities
  - They could kayak, row, do relay races, different team building games, or us the challenge course.
  - Have the whole group chose an activity together
- e) Clean up
  - Trash walk
  - Life jacket wash
  - See Friday clean up page for more info
- f) Closing talk with campers
  - Emphasize a few important boating and safety issues
  - Thank campers for a good week
  - Hand out magnets





Dear Adventure Camp and Paddle Camp Families,

Thank you for signing up your children to participate in our youth aquatic camp next week, July 28-August 1. We are looking forward to seeing you Monday morning. We just wanted to send you a reminder so that you can be prepared for Monday morning.

- Camp check in starts at 7:30am and goes until about 8:30am.
- When you arrive there will be a staff member at the front table to direct you to your counselor so that you can get checked in.
- **To check in for camp you will need to have a completed summer camp packet for each child.** This packet includes important waivers and medical information. It takes a few minutes to complete, so please have this paperwork completed prior to arrival. I have attached the form just in case you have not received it yet.
- For the rest of the week (other than Monday morning) you will need to sign in your child each morning and sign out your child each afternoon.
- Check in is from 7:30-8:30 and preferred check out is from 3:30-4:00.
- If you will be carpooling or having other adults pick up your children please fill out the attached pick up permission form and bring it with you.
- Adventure camp and Paddle camp will be taking a white water rafting trip on Thursday that requires an **additional waiver**. I have attached this waiver for you. To save time please complete it and bring it with the camper packet on Monday morning.
- Make sure to send your child with snacks, a big healthy lunch, a water bottle\*, and plenty of sunscreen\*\*.

\*Please do not use glass water bottles.

\*\*We do not recommend spray sunscreen.

If you have any questions please call the front office at 916-278-2842.

See you Monday morning!



## Assumption of Risk Waivers

**Read Carefully – Waiver and Release of Liability • Please initial below and sign on the other side.**

In consideration of AMERICAN WHITEWATER EXPEDITIONS, INC. furnishing services and/or equipment to enable me to participate in rafting activities, I agree as follows:

As a result of the inherent risk in this activity, I know I may die, get hurt, or damage my belongings. If any of these occur, I understand that I cannot make a claim, sue, or expect AMERICAN WHITEWATER EXPEDITIONS, its owners, shareholders, officers, agents, employees, subsidiaries, affiliated companies and associates, including but not limited to American River Recreation, American River Rafting, Pacific Gas and Electric Company, Placer County Water Agency, Sacramento Municipal Utility District, the State of California, its Department of Parks and Recreation and the United States Bureau of Reclamation (hereinafter referred collectively as RELEASEES) to be legally responsible or pay for any damages.

**ACKNOWLEDGMENT AND ACCEPTANCE OF RISK:** I, the undersigned, hereby acknowledge that I have voluntarily chosen to go on this whitewater rafting trip with RELEASEES. Certain risks are inherent in any recreational activity and cannot be eliminated, altered, or controlled, and these risks that contribute to the unique character of the activity can also be the cause of injury, illness, death, and damages. I know and fully understand that a whitewater rafting trip, whether on a raft, oar boat, kayak or any other type of vessel, is an outdoor adventure activity in a wilderness environment with inherent risks and hazards where serious accidents can occur, participants can die, sustain injuries and property damage. Also, I understand that Class IV and V represent the most difficult and dangerous levels of whitewater and recognize that the risks associated with whitewater rafting are greatly increased. **I acknowledge and willingly assume all risks and hazards in whitewater rafting and river-related camping from the pre-embarkation rendezvous until the conclusion of the trip, including, but not limited to: (1) loss of control of the raft, fall in, out, or about the raft, collision with other participants, equipment, other rafts, rocks, trees, and any other portion of the interior of the raft, and any other man-made or natural obstacles, whether obvious or not (2) judgment, decision making, and conduct of the guides (3) submersion in water, drowning (4) encounters with animals, wildlife and insects (5) exposure to wilderness environment, extreme temperatures, and inclement weather, remote areas, wilderness terrain, including travel by foot or vehicle in any way related to this activity, whether at camp or elsewhere (6) assistance in lifting and/or carrying rafting equipment (7) rescue related injuries (8) unavailability of immediate and appropriate medical attention in case of injury. I understand and acknowledge that the above list is not complete or exhaustive and that other risks, known or unknown, anticipated or unanticipated may also exist and result in injury, illness, disease, death or damage. My participation in this activity is purely voluntary and I elect to do so at my own risk.**

**RELEASE:** In consideration for RELEASEES allowing me to participate in this trip, I voluntarily agree to release, discharge, and hold harmless RELEASEES for any and all claims of liability to the fullest extent authorized by law arising out of their negligence, fault, recklessness, or any other act or omission which causes the undersigned illness, injury, disease, death and damages of any nature in any way connected with my participation in this rafting activity. I also agree to release and discharge RELEASEES from any act of omission or negligence in rendering or failing to render any type of rescue, emergency, or medical services. In signing this document, I fully recognize and understand that if I (or any minor on whose behalf I am signing this release) am hurt, die, or my property is damaged, I am giving up my right to make a claim or file a lawsuit against RELEASEES, even if they negligently or by some act or omission cause personal injury or damage property. I further agree to hold harmless, defend, and indemnify RELEASEES from all defense costs, including attorney's fees incurred in connection with claims for bodily injury, wrongful death, or property damage sustained by any minor on whose behalf I am signing under 18 years of age, or which I may have caused to spectators or other third parties, whether negligent or not, in the course of my participation in this activity. **As a parent or legal guardian of a participant under 18 years of age, I have read and voluntarily agree that said minor may participate in this whitewater rafting trip, and I sign this release on their behalf and on the behalf of the minor's parents and /or legal guardians. In addition, I give RELEASEES permission to treat said minor in case of illness, injury, emergency or accident. Should emergency medical services become necessary for the undersigned participant or minor, the expenses are the sole responsibility of the participant and not that of RELEASEES. Personal medical and travel insurance is strongly advised for all participants.**

RELEASEES reserve the right to accept or deny service to any person. I hereby agree to follow all rules, regulations, and instructions of RELEASEES while on this trip. I also certify that I and any minor on whose behalf I am signing are physically and mentally capable of participating in these activities. I hereby represent that I have informed RELEASEES of any pertinent medical conditions that may affect my or the minor's participation in these rafting activities. I hereby agree that RELEASEES may use film or photographic records of this rafting trip for its promotional and/or commercial purpose. The venue of any dispute that may arise out of this agreement or otherwise between the parties to which AMERICAN WHITEWATER EXPEDITIONS, INC., its owners, shareholders, officers, agents, employees, subsidiaries, affiliated companies and associates, including American River Recreation and American River Rafting is a party shall be the Superior Court of the State of California, County of El Dorado.

**I HAVE READ THIS DOCUMENT IN ITS ENTIRETY.** I understand that I am assuming all the risks inherent in this whitewater rafting activity. I understand that it is a release of any and all claims. I understand that this is the entire agreement between the undersigned, AMERICAN WHITEWATER EXPEDITIONS, INC., and any and all releasees as previously listed and that it cannot be modified or changed in any way by the representations or statements by AMERICAN WHITEWATER EXPEDITIONS, INC., and all releasees or by the undersigned. I voluntarily sign my name as evidence of my acceptance of all provisions in this release and I agree to be bound by them.

I have read & agree to the conditions, especially noting the policy on cancellations and refunds, as stated in the website & confirmation, or available by calling (800) 825-3205.

I understand that insurance to cover the above risks may be obtained from Access America. Policy applications are available upon request only from ACCESS AMERICA AT (800) 284-8300. Initials: \_\_\_\_\_

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PHONE: (    )    -   

EMAIL ADDRESS: \_\_\_\_\_

NAME \_\_\_\_\_ AGE (if minor) \_\_\_\_\_

Do you have any physical disabilities that might affect your safety on the trip? If yes, please explain. \_\_\_\_\_

Are you allergic to: Bee Stings? \_\_\_\_\_ Foods? \_\_\_\_\_

Other? \_\_\_\_\_

*I am assuming the stated risks and entering into this Waiver and Release and am the parent or legal guardian of the above-named minor(s), and am assuming the stated risks and entering into this Waiver and Release on behalf of the minor(s) named above, as well as myself, and I am agreeing to its terms on his or her behalf, as well as his or her heirs, executors, administrators and assigns. Initials:*

SIGNATURE \_\_\_\_\_ AGE \_\_\_\_\_ DATE \_\_\_\_\_

PRINT NAME \_\_\_\_\_ RELATIONSHIP TO MINOR(S) ABOVE \_\_\_\_\_

SACRAMENTO STATE  
**AQUATIC CENTER**

**Adventure  
Camp**

# STATE OF MINNESOTA DEPARTMENT OF REVENUE TAXPAYER SERVICE CENTER

1000 UNIVERSITY AVENUE, SUITE 1000, ST. PAUL, MN 55102-4000

612-296-6000 • TDD 612-296-6000 • FAX 612-296-6000

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# ADVENTURE CAMP

## 1. Monday: SAILING/ROWING DAY

### a) Classroom Instruction

- Watch a video
  - Aqua Smart: Sailing
- Sailing vocabulary
  - Parts of the boat
  - Explain what the different parts are for
- Knots
  - Demonstrate the different knots (Figure eight, cleat hitch, bowline)
  - Have campers practice on knot boards
  - Have knot races
- Safety information
  - Always wear your PFD
  - Be aware of what's around you
  - Know the rules of the road
  - Always stay with your boat
  - Give a warning about the boom
- Wind sensing
  - How to sense the wind (Face, flags, ripples, boats tied to dock)
  - Speed and direction are never constant
  - Windward and Leeward
- The Wind Clock
  - The No Go Zone
  - Upwind, Downwind, Across the wind
  - Close haul, run, beam reach, broad reach
- Steering
  - Opposites (Tiller right, the boat will go left)
  - Tiller towards trouble!
  - Push tiller towards the sail, the boat turns towards the wind.
  - Push the tiller away from the sail, the boat turns away from the wind.
- Sail trimming
  - Let it out until it luffs, bring it in until it stops luffing.
  - If sail is in all the way and luffing, you must be in the no go zone. You must turn away from the wind.
  - When in doubt, let it out!
- Tacks and Jibes
  - What they are and how to do them
  - Tack: up wind (slower across NGZ)
  - Jibe: fast, never loose wind power
- Position in the boat
  - Step into and out of the center of the boat
  - Sit as far forward as possible
  - Make sure you are seated ahead of the tiller so it is easy to turn



- Don't sit on any of the lines
- Capsizing
  - Scoop capsize recovery
  - How to prevent a capsize
  - Keep the mainsheet uncleated
- Docking
  - How to dock slowly and safely
- b) Clean up classroom and head down to the dock
- c) Have campers get in groups of four
- d) Practical instruction
  - Rigging the boat
    - Bring down sails to the dock
    - Demonstrate how to rig one of the holder 14's
    - Have each group rig their own boat while you are supervising
    - Check the plugs
  - Capsizing
    - Demonstrate how to do a capsize near the dock/dry capsize
    - Have each boat do a capsize drill
- e) Boundaries
  - Give campers boundaries for where they can sail
    - No going past the point
    - Stay away from the dam
    - Don't go into the channel
    - Warn campers about the centerboard on shallows
- f) Sailing
  - Crosswind figure eight drill
    - Set up two buoys or use markers to complete the drill
    - Refer to diagram for example
  - Sailing triangle
    - Set up buoys or markers to make a triangle course
- g) Sailing games
  - Nerf football tag
    - Campers throw a single Nerf ball at each other in the boats. The person that gets hit with the ball is it. Make sure the ball is soft and easy to throw.
  - Obstacle course
    - Create a course around which sailors must perform a variety of skills and tasks that need practice. For example they must round mark 1 twice, and then proceed to mark 2 where they have to capsize and recover. At mark 3 they must sail backward to mark 4, and so on. A variation includes each sailor making four runs through the course, with each run being timed. They try to get the fastest time possible. Another variation is to see how many laps they think they can complete in 5 minutes.
  - Top to bottom race
    - All boats must sail a reach to reach course. Each boat must start at the signal and then somewhere between the start and finish must capsize. After capsizing they must swim and touch the top of the mast, then swim to the center board and right the boat. The first sailors to cross the finish line after meeting the capsize requirements are the winners.

- More sailing games can be found in the summer camp green sailing binder.
- h) Rowing-Give basic instructions
- i) Show campers how to erg
  - They can do a race to see who has the best erg time
- j) Show campers the rowing shells and oars
- k) Give practical instructions on the dock
  - Set up a few rowing shells
  - Have campers get in pairs or groups
  - Have one camper get in the rowing shell while the other holds it on the dock
    - Have them practice balancing in the boat
    - Have them practice some strokes and turning
  - Let each camper take turns rowing away from the dock, turning and coming back
- l) Take a rowing trip down the lake
- m) If time and ability permits take out and eight in the afternoon

## **2. Tuesday: Stand Up Paddling/WINDSURFING**

- a) Stand Up Paddling
  - ALL HANDS ON INSTRUCTION
  - Parts of the Paddle Board
  - Proper stroke technique
  - Pre trip planning
  - Safety equipment
- b) Windsurfing
  - Pull out practice boards
    - Do not use good boards for playing and practicing (Don't use boards with skegs or dagger boards)
    - Have campers work together to carry enough boards down to the beach
    - Have campers practice paddling and balancing on the boards
    - Remember to put away all boards at the end of the day
  - Practical Instruction
    - Set up one board and sail on land using the simulator to demonstrate windsurfing
    - Show the group and then have each of them try it for themselves
    - Rig a few boards so campers can take turns practicing windsurfing
    - Teach how to self rescue
  - Go over beach and channel rules
- c) At the end of the day go over information for the ropes course
  - Make sure everyone brings a signed permission slip if they have not already turned one in
  - They should wear longer shorts, comfy/athletic clothes, tennis shoes, and bring a swimsuit.
  - Have all campers meet in the check-out area in the morning
  - Have all campers try to get here at 8:00am

## **3. Wednesday: KAYAK TRIP DOWN LOWER AMERICAN RIVER**

- a) Make sure all campers have helmets and heel strap shoes
  - Use duct tape if they forgot heel strap shoes

- We have extra if the campers don't have their own helmets
- b) Load the trailer with:
  - Single kayaks for campers, canoes for counselors, paddles, life jackets, first-aid-kit, dry bags, water jug, rope, Nextel.
- c) Have campers watch White Water Primer while counselors are loading the equipment
- d) Campers will ride on the bus to Sailor Bar, the truck and trailer will follow
- e) Take the kayak trip from Sailor Bar to Goethe Park
  - Each camper should have in their personal kayak:
    - Water bottle
    - Helmet (must be worn the entire day)
    - Paddle
    - Life jacket (must be worn the entire day)
  - Counselor canoe should have:
    - First-aid-kit
    - Dry bags
    - Nextel/cell phone
    - All lunches
    - Sunscreen
    - Water jug
    - Rope
- f) Give Safety Talk
  - Follow counselors line
  - Strainers
  - Positive pointing
  - Stay with your boat if possible
  - Swimmers position
  - Foot entrapment
- g) Have lunch on the cliff area before the San Juan Rapids
- h) San Juan Rapids
  - Stay to the left for easy trip
  - Swimmers position if they flip
  - After going through the rapids have campers park their boats on the left side river bank
  - Campers can then swim the rapids with the counselors if they choose
- i) Pull out boats at Goethe Park
  - Everyone needs to help take all of the equipment up to the parking lot
- j) Load trailer, load campers on bus and head back to the Aquatic Center
- k) Make sure the campers are prepared for Thursday
  - For the white water raft trip they will need to bring
    - Helmet
    - Water bottle
    - Lunch (will stay in rafting bus so does not need to be water proof)
    - Sunscreen
    - Signed permission slip
    - Heel strap shoes
  - Campout is also Thursday night
    - They can bring all of their sleepover stuff in the morning or have their parents bring it when they come for parents night

- If staying for the sleepover they will also need to bring their bike, helmet and tennis shoes for the bike ride on Friday
- l) If the group returns to the Aquatic Center early have campers participate an organized water activity
  - They can use the challenge course, hydro bikes, swim on the beach, practice skits, etc.

#### **4. Thursday: WHITE WATER RAFT TRIP**

- a) Make sure all campers have:
  - Signed permission slip
  - Lunch, sunscreen, water bottle
  - Helmet
  - Heel strap shoes (use duct tape if they forget)
- b) Have all campers apply sunscreen in the morning before they get to the river
  - They won't be taking it in the boat with them
- c) The American River Recreation bus will pick us up between 8:45 and 9:00am
- d) The only thing that campers need to bring on the raft is their water bottle and helmet
  - Everything else should be left on the bus
- e) The White Water Raft Trip will go from Chili Bar Dam to Lotus Park
- f) Have lunch and play at Lotus Park
- g) Head back to the Aquatic Center at 1:00pm and arrive at 2:00pm
- h) Make sure the campers are prepared for the campout and the bike trip on Friday
  - They need to have all of their sleepover stuff
  - We will provide them with dinner, breakfast, and lunch
    - Adventure camp does not have to pay for the BBQ
  - They need their bikes, helmets and tennis shoes for the bike trip
- i) Have campers practice their skit or do water activities when they get back to the Aquatic Center
- j) Adventure campers have the opportunity to participate in Family Night and campout Thursday evening. Dinner, breakfast and lunch is included.

#### **5. PARENTS NIGHT AND CAMPOUT**

- a) See parents night and campout sections for more information

#### **6. ADVENTURE RACE AND BBQ**

- a) Adventure race
  - Multiple modes of transportation (sailing, kayaking, sup)
  - Boating safety trivia
  - Scavenger hunt (out on the lake or photo related), AC staff included in handing out clues (riddles)
  - Snacks (otter pops, Oreos)
  - Counselor input imperative to the success of the race
- b) Camper Awards
  - Each counselor is to pick the best camper for the week
    - Awards are given for teamwork, cooperation, boating skills, following rules and going above and beyond expectations

- c) BBQ
  - Have the BBQ with the rest of camp
    - Refer to BBQ page for more info
- d) After lunch the group can choose to do more bike riding or other aquatic activity
  - They could kayak, sail, relay races, different team building games, or us the challenge course.
  - Have the whole group chose an activity together
- e) Clean up
  - Trash walk
  - Life jacket wash
  - See Friday clean up page for more info
- f) Closing talk with campers
  - Emphasize a few important boating and safety issues
    - Swimmers position
    - Recognizing bad situations
    - Acknowledge older age and possibility of partying
    - Making good decisions
  - Thank campers for a good week
  - Hand out magnets

Dear Adventure Camp and Paddle Camp Families,

Thank you for signing up your children to participate in our youth aquatic camp next week, July 28-August 1. We are looking forward to seeing you Monday morning. We just wanted to send you a reminder so that you can be prepared for Monday morning.

- Camp check in starts at 7:30am and goes until about 8:30am.
- When you arrive there will be a staff member at the front table to direct you to your counselor so that you can get checked in.
- **To check in for camp you will need to have a completed summer camp packet for each child.** This packet includes important waivers and medical information. It takes a few minutes to complete, so please have this paperwork completed prior to arrival. I have attached the form just in case you have not received it yet.
- For the rest of the week (other than Monday morning) you will need to sign in your child each morning and sign out your child each afternoon.
- Check in is from 7:30-8:30 and preferred check out is from 3:30-4:00.
- If you will be carpooling or having other adults pick up your children please fill out the attached pick up permission form and bring it with you.
- Adventure camp and Paddle camp will be taking a white water rafting trip on Thursday that requires an **additional waiver**. I have attached this waiver for you. To save time please complete it and bring it with the camper packet on Monday morning.
- Make sure to send your child with snacks, a big healthy lunch, a water bottle\*, and plenty of sunscreen\*\*.

\*Please do not use glass water bottles.

\*\*We do not recommend spray sunscreen.

If you have any questions please call the front office at 916-278-2842.

See you Monday morning!



## Assumption of Risk Waivers

**Read Carefully – Waiver and Release of Liability • Please initial below and sign on the other side.**

In consideration of AMERICAN WHITEWATER EXPEDITIONS, INC. furnishing services and/or equipment to enable me to participate in rafting activities, I agree as follows:

As a result of the inherent risk in this activity, I know I may die, get hurt, or damage my belongings. If any of these occur, I understand that I cannot make a claim, sue, or expect AMERICAN WHITEWATER EXPEDITIONS, its owners, shareholders, officers, agents, employees, subsidiaries, affiliated companies and associates, including but not limited to American River Recreation, American River Rafting, Pacific Gas and Electric Company, Placer County Water Agency, Sacramento Municipal Utility District, the State of California, its Department of Parks and Recreation and the United States Bureau of Reclamation (hereinafter referred collectively as RELEASEES) to be legally responsible or pay for any damages.

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**RELEASE:** In consideration for RELEASEES allowing me to participate in this trip, I voluntarily agree to release, discharge, and hold harmless RELEASEES for any and all claims of liability to the fullest extent authorized by law arising out of their negligence, fault, recklessness, or any other act or omission which causes the undersigned illness, injury, disease, death and damages of any nature in any way connected with my participation in this rafting activity. I also agree to release and discharge RELEASEES from any act of omission or negligence in rendering or failing to render any type of rescue, emergency, or medical services. In signing this document, I fully recognize and understand that if I (or any minor on whose behalf I am signing this release) am hurt, die, or my property is damaged, I am giving up my right to make a claim or file a lawsuit against RELEASEES, even if they negligently or by some act or omission cause personal injury or damage property. I further agree to hold harmless, defend, and indemnify RELEASEES from all defense costs, including attorney's fees incurred in connection with claims for bodily injury, wrongful death, or property damage sustained by any minor on whose behalf I am signing under 18 years of age, or which I may have caused to spectators or other third parties, whether negligent or not, in the course of my participation in this activity. **As a parent or legal guardian of a participant under 18 years of age,** I have read and voluntarily agree that said minor may participate in this whitewater rafting trip, and I sign this release on their behalf and on the behalf of the minor's parents and /or legal guardians. In addition, I give RELEASEES permission to treat said minor in case of illness, injury, emergency or accident. Should emergency medical services become necessary for the undersigned participant or minor, the expenses are the sole responsibility of the participant and not that of RELEASEES. **Personal medical and travel insurance is strongly advised for all participants.**

RELEASEES reserve the right to accept or deny service to any person. I hereby agree to follow all rules, regulations, and instructions of RELEASEES while on this trip. I also certify that I and any minor on whose behalf I am signing are physically and mentally capable of participating in these activities. I hereby represent that I have informed RELEASEES of any pertinent medical conditions that may affect my or the minor's participation in these rafting activities. I hereby agree that RELEASEES may use film or photographic records of this rafting trip for its promotional and/or commercial purpose. The venue of any dispute that may arise out of this agreement or otherwise between the parties to which AMERICAN WHITEWATER EXPEDITIONS, INC., its owners, shareholders, officers, agents, employees, subsidiaries, affiliated companies and associates, including American River Recreation and American River Rafting is a party shall be the Superior Court of the State of California, County of El Dorado.

**I HAVE READ THIS DOCUMENT IN ITS ENTIRETY.** I understand that I am assuming all the risks inherent in this whitewater rafting activity. I understand that it is a release of any and all claims. I understand that this is the entire agreement between the undersigned, AMERICAN WHITEWATER EXPEDITIONS, INC., and any and all releasees as previously listed and that it cannot be modified or changed in any way by the representations or statements by AMERICAN WHITEWATER EXPEDITIONS, INC., and all releasees or by the undersigned. I voluntarily sign my name as evidence of my acceptance of all provisions in this release and I agree to be bound by them.

I have read & agree to the conditions, especially noting the policy on cancellations and refunds, as stated in the website & confirmation, or available by calling (800) 825-3205.

I understand that insurance to cover the above risks may be obtained from Access America. Policy applications are available upon request only from ACCESS AMERICA AT (800) 284-8300. *Initials:* \_\_\_\_\_



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PHONE: ( ) -

EMAIL ADDRESS: \_\_\_\_\_

NAME \_\_\_\_\_ AGE (if minor) \_\_\_\_\_

Do you have any physical disabilities that might affect your safety on the trip? If yes, please explain. \_\_\_\_\_

Are you allergic to: Bee Stings? \_\_\_\_\_ Foods? \_\_\_\_\_

Other? \_\_\_\_\_

*I am assuming the stated risks and entering into this Waiver and Release and am the parent or legal guardian of the above-named minor(s), and am assuming the stated risks and entering into this Waiver and Release on behalf of the minor(s) named above, as well as myself, and I am agreeing to its terms on his or her behalf, as well as his or her heirs, executors, administrators and assigns.* Initials: \_\_\_\_\_

DATE \_\_\_\_\_

RELATIONSHIP TO MINOR(S) ABOVE

# SACRAMENTO STATE AQUATIC CENTER

## SPECIAL OVERNIGHT CAMP OUT

### Included with Adventure Camp!

The Sacramento State Aquatic Center is having an overnight camp out, following the Thursday Family Free Boating Night. The campers will have a spaghetti dinner, take a sunset kayak trip down Lake Natoma, play games, roast marshmallows, and sleep under the stars here on the Aquatic Center grounds. The Aquatic Center Staff will also be serving a hot cake breakfast the next morning as well as Friday's lunch.

**WHAT TO BRING:** Sleeping bag, pillow, flashlight w/ batteries, towel, warm dry clothes for Thursday night, clean camp clothes/swim stuff for Friday, sun block, toothbrush, and toothpaste.

#### AGENDA (approx.)

- |                |           |  |
|----------------|-----------|--|
| Thursday ..... | 5:30p.m.  | Clean-up from Family Night               |
|                | 5:45p.m.  | Check-in for overnight campers           |
|                | 6:00p.m.  | Group activity                           |
|                | 6:30p.m.  | Dinner for Overnight campers             |
|                | 7:30p.m.  | Leave for sunset trip down the lake      |
|                | 8:30p.m.  | Return to the Aquatic Center             |
|                | 8:45p.m.  | S'mores & Games                          |
|                | 10:00p.m. | Prepare for bed                          |
|                | 10:30p.m. | Lights Out                               |
| Friday .....   | 7:00a.m.  | Wake-up                                  |
|                | 7:15a.m.  | Breakdown camp                           |
|                | 7:30a.m.  | Pancake breakfast                        |
|                | 8:00a.m.  | Sunblock & get ready for days Activities |
|                | 8:30a.m.  | Start the day's activities               |



### Included with Adventure Camp!



SACRAMENTO STATE  
**AQUATIC CENTER**

**Wakeboard**  
**Water Ski**  
**Camp**

# STATE OF THE WORLD WATER REPORT

WATER FOR PEOPLE AND THE PLANET

WATER FOR PEOPLE AND THE PLANET

WATER FOR PEOPLE AND THE PLANET

WATER FOR PEOPLE AND THE PLANET

WATER FOR PEOPLE AND THE PLANET

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# **WATER SKI/WAKEBOARD CAMP**

## **1. MONDAY MORNING** Everyone needs to arrive by 7:30am!

### **a) Check-in**

- One instructor will be checking in campers at the Water Ski/Wakeboard table
  - Make sure packets are completely and properly filled out
  - Informed parents about parents night video and Pizza Friday
  - Make sure all campers are checked in
  - Hand out wristbands and colored whistles
- Another instructor is a runner for check in person making photo copies of camper packets to take to the lake

### **b) Hook-up trailers**

- Other instructors need to hitch all rigs (except Jet Skis)
  - Park all rigs so that everyone is ready to leave when Monday morning activities are done
- Load equipment into the Whaler and tow Whaler down to check in

### **c) Load Whaler**

- Instructors along with camp aides need to load campers lunches and equipment into the Whaler
- Load balls and toys for campers to play with on the beach
- Greet all campers and parents
  - Answer any questions they may have and direct them to the picture line to finish the check in process

### **d) Classroom**

- Once campers have loaded lunches and taken pictures they will meet upstairs in the classroom for video and beach rules
  - Show On The Line Video
  - Draw diagram on white board to show campers the drop off and pick up buoy set up
  - Explain all of the beach rules
  - Find out which campers are new skiers and which ones are novice skiers
  - Inform campers about drinking water and applying sunscreen

### **e) Take camp picture**

- All camp picture will be taken near the docks

### **f) Head up to the boathouse and get all campers properly fitted for life jackets**

- Put whistles with campers names on each life jacket so they can keep the same jacket for the entire week

## **2. MONDAY - FRIDAY**

### **a) All instructors will perform their morning duties**

- Hook-up trailers, get ice and water, load Whaler, etc.

### **b) Check in all campers**

- Have them meet in the grassy area by the boat house
- Have campers help load Whaler with personal items

### **c) Load campers on the bus with their lifejackets**

### **d) All vehicles travel to Folsom Lake in a safe manner and launch all boats**

- Leave for the lake between 8:30 and 8:45am
- e) All campers will be escorted by bus driver or camp aide down the side of the boat ramp and will then line up on the dock cable and wait to be sent to a boat
- f) Once the Whaler is in the water it needs to go directly to the beach and be ready to unload once the ski boats arrive
  - The Whaler driver needs to scout the beach for any dangers to campers as well as any possible underwater hazards that may harm boats
- g) Campers will be shuttled to the beach in the boats
  - Never exceed boat capacities! Take extra trips if needed.
- h) Campers must be supervised by an instructor at all times
  - Leaving campers with a camp aide is not acceptable!
- i) Set up booms and blow up the Island
  - The Island should be at least 200ft from shore
- j) Have campers form a “fire line” and help unload the whaler
  - Campers should set up their stuff for the day and put on sunscreen
- k) No one is allowed to play in the water until the beach supervisor sets boundaries for campers and sends out the first round of skiers
- l) Make a rotation and go through the list of skiers
  - Use a system that will work smoothly so that campers close in the rotation will not need the same equipment
- m) Always encourage the campers to try new things
- n) Drive campers at a speed that matches their ability level
  - Watch how the water is breaking off of their skis
- o) The beach supervisor needs to announce and enforce a 15min water and sunscreen break every hour
- p) Each camper should get plenty of rides each day
  - Monday should be at least 2 rides
  - Tuesday should be at least 3 rides
  - Wednesday should about 4 rides
- q) At the end of the day the beach supervisor will stop sending out new skiers
  - The last group of skiers that are sent out need to pack up all of their stuff first
- r) Clean up beach area and load the Whaler
  - Load skis, then wakeboards, then bags and personal equipment
  - Wash off sand before loading anything into the Whaler
    - Skis and boards should be dunked and bags should be brushed off
  - If any campers are getting picked up at the lake, load all of their stuff last!
- s) The ski boats will finish pulling the rest of the campers on the island
  - After the last camper is off the island, the island needs to be deflated and stowed
- t) Once the Whaler is loaded it needs to get vehicle keys and get back on the trailer
  - After loading the Whaler back down as many trailers as possible before the ski boats arrive
- u) The beach supervisor will send campers out to the boats
  - This is to wash off all of the sand
- v) Boat drivers will drop campers at the boat dock with camp aide and check to see if extra shuttle trips are needed
  - Campers need to be supervised at all times!
- w) Campers should be escorted up the side of the boat ramp to the bathrooms until all boats are trailered and the bus is ready to be loaded
- x) All boats must be wiped down at the boat ramp!
- y) Campers that are picked up at the boat ramp and not the Aquatic Center should be signed out by that (previously approved) person

- z) Load the campers on the bus and head back to the Aquatic Center
- aa) The ski boats need to stop at the gas station each day before returning to the Aquatic Center
- bb) The Whaler should be parked and unloaded next to the camp checkout location at the Aquatic Center
- cc) Campers will off load the bus, unload the Whaler, and go directly to the camper checkout area
- dd) Boats that are not being used for evening classes or private lessons should be put away in the ski bay and cleared of any trash and personal items
  - Vehicles should also be cleaned out of trash and personal items
- ee) Instructors need to then check in with the Head Lifeguard to see if there are anymore projects that need to be completed before leaving for the day

### **3. SPECIAL NOTES FOR EACH DAY**

#### **a) Monday**

- The beach person should start doing dry land practice with new skiers
- Have new campers ski before they try wakeboarding
- Have experienced campers go first while others are doing dry land practice
- Campers who have never skied before should be taught on the boom
  - Once a camper can get up on the boom with proper form try to move them to the rope as quickly as possible
  - This will accelerate the learning curve and allow you to give instruction much easier with them next to you
  - Booms can be very dangerous!

#### **b) Wednesday**

- Campers are allowed to start doubling if their ability level is high enough
- Rules for doubling
  - Both campers need to be able to get up on their first try
  - If one falls the other needs to let go and they need to swim together
  - Campers get three tries for getting up
- Remind kids about parents night on Thursday and the video
  - If they want a copy of the video to take home they need to bring the appropriate size tape for the video camera on Thursday morning
  - The tape should be labeled with their name and week

#### **c) Thursday**

- All campers need to be video taped for the parents night video
- Campers are allowed to double if their ability level is high enough
- Campers can kneeboard after they have skied or wake boarded at least two times
- Set up the video and show for the parents at 4:15
- Pass out camper magnets during the video

#### **d) Friday**

- Campers are allowed to double if their ability level is high enough
- Campers can kneeboard after they have skied or wake boarded at least two times
- Pizza for lunch
  - The Whaler will go pick up the pizza at the boat ramp
  - Each camper gets two slices during the first round
  - Seconds are called when everyone has had their two pieces
  - Pizza is for the campers that paid the \$5 for pizza at checkout
- Hand out magnets to campers that did not receive them at parents night
- Make sure campers take home all personal equipment





# Water Ski Wakeboard Camp Timeline

## *Tuesday-Friday (3-5 rides a day)*

<b>7:45am</b>	<b>two rigs with campers: Invitations extended Monday afternoon (Clifford &amp; Air) leave for the lake</b>
<b>8:15am</b>	<b>Set up Island and Shade- Ice water and beach games</b>
<b>8:30am</b>	<b>Ski the campers that went with the early ride crew</b>
<b>8:30am</b>	<b>Other rigs and the bus leave for the lake</b>
<b>9:00am</b>	<b>All boats on the water ..... Campers are unloading barge</b>
<b>9:10am</b>	<b>All boats active teaching (four boats teaching)</b>
	<b>SKI &amp; RIDE TIME <i>(at least 5 hours of ride and ski time)</i></b>
<b>2:45pm</b>	<b>Barge comes to the beach to start the pack up process</b>
<b>3:00pm</b>	<b>All Boats meet at the Beach</b>
<b>3:10pm</b>	<b>Boats with late pick up campers go to the ramp.</b>
<b>3:15pm</b>	<b>Bus leaves Dike 8 (Folsom Point)</b>
<b>3:35pm</b>	<b>Refuel all boats and Jet Ski's</b>
<b>3:40pm</b>	<b>Bus Arrive @ the AC</b>
<b>3:50pm</b>	<b>Close-up boat house and debrief</b>
<b>4:00pm</b>	<b>Clock out (Early drivers)</b>
<b>4:00-4:30pm</b>	<b>Cleanout boats, prep for lessons- clean out rigs, prep for the next day.</b>



# SACRAMENTO STATE **AQUATIC CENTER**

## Water Ski Camp 5 Day Progression

**Two Skis on the boom**

**Two Skis on the extension**

**Two Skis behind the boat**

**Two Skis cross the wakes**

**One Ski on the boom**

**One Ski on the extension**

**One Ski behind the boat**

**One Ski back and forth between the wakes**

**One Ski back and forth crossing the wakes**

**(work on the cut and smooth progressive turns)**

### Coaching Helpful Hints

- Always give the positive feedback before the corrections
- No more than three new things to think about per ride
- Ask the skier if they understand what you are saying
- Give a visual

### Helpful Phrases or Coaching Tips

- Bend your knees
- Keep your arms straight
- Keep your chest up
- Keep the rope taut (tight)
- Keep your hips up
- Look up (if you look down you will fall down)
- Turn your head
- Ask the question... What did your last instructor have you working on....and build on that.

### Common Mistakes

- Hard throttle
- Equipment not correct
- Ski Size and Boat Speed
- Dry land training was never done
- Skier does not understand
- Not watching the line and giving a progressive pull up
- Remember to celebrate all improvements.



# Fun Friday Olympics

[illegible]



SACRAMENTO STATE  
**AQUATIC CENTER**

**PWC Camp**





# **PWC CAMP**

## **1. MONDAY : Classroom Instruction and Boating Safety Test**

- a) 7:30 am: All Jet Ski staff is to meet and mingle with the Jet Ski campers
- b) Make sure that classroom is ready for use with TV/VCR, tables and chairs
- c) Either before or after the group picture, escort campers to the small classroom to drop off their bags.
- d) Take Jet Ski group picture
- e) Review camper packets
- f) Do an icebreaker so that the campers can get to know each other
- g) Go over the Boating Safety Book
  - Have campers take turns reading aloud
  - Emphasize important points
  - Ask questions to keep their attention and get everyone involved
  - Take breaks every other chapter or so
  - Repeat points that will be on the test
- h) Watch the video after going over chapter two
- i) Take campers to the boat house and introduce them to the Jet Skis
  - Show them all of the parts
    - Fire extinguisher
    - Plugs
    - Lanyard and key
    - Engine and storage compartments
    - Anchors
  - Fit campers for PFD's
  - Show campers where they will be meeting every morning
- j) When outside use the tape measure to show them how far 200 feet is
- k) Take a break for lunch
- l) Take the final exam
  - Have campers take test on their own or in pairs
  - Go over the test as a group
  - Grade tests to make sure that everyone received 100%
- m) Go over the rest of the week
  - Tell them about daily activities and speed limits
  - Find out if anyone is going to be dropped off and picked up at Folsom Point
  - Let campers know the procedures for the lake
    - Beach rules
    - Boat launch rules
    - Preparing to launch the Jet Skis
- n) If the whole class is done early take campers out to do boating activities

## **2. TUESDAY: Driving Education Practice**

- a) Make sure everyone is checked in and has a proper fitting life jacket
- b) Jet Skiers will ride to the lake everyday in the van
- c) Show campers launching procedures

- Ventilate for four minutes
- Put in plugs
- Turn on Jet Skis
- d) Have campers take turns riding to and from the beach on the Jet Skis
  - If they are not riding on the Jet Skis they will ride in the ski boats
- e) 15-20mph speed limit
- f) Campers should take 10-15 minute turns
- g) Practice turning and low speed maneuvers

### 3. **WEDNESDAY: Docking, tight maneuvers and man overboard drills**

- a) 25-30mph speed limit
- b) Campers should take 10-15 minute turns
- c) Practice docking at the boat ramp dock
  - Take turns lining up the Jet Ski on both sides of the dock
    - Do this with and without using reverse
- d) Practice tight maneuvers
  - Perform tight turns at different and increasing speeds
  - Perform quick turns to avoid dangerous situations
- e) Practice Man Overboard drills
  - Practice picking up a man overboard
  - Practice recovering a completely capsized Jet Ski
    - Follow manufacturers recommendations
    - Grab the center grate, stand on gunwale and pull upright

### 4. **THURSDAY: Lake Tours**

- a) 35-40mph speed limit
  - No maneuvers over 30mph
- b) Take campers on tours of the North and South Forks or treasure hunt
  - Places of interest to point out along the tour
    - Folsom Dam
    - Beal's Point
    - Granite Bay
    - Los Lagos (Eddie Murphy's summer home)
    - Rattle Snake Bar (North Fork)
    - Old Salmon Falls Bridge (South Fork)
    - New Salmon Falls Bridge (End of South Fork)
    - Brown's Ravine Marina (has the largest fleet of Catalina 22 Sailboats in the world)
  - Let each camper drive half of the trip
  - Take two tours of the lake
    - Four campers per tour
  - Have the campers that are staying on the beach spot for water ski camp so they have something to do since it is such a long trip
  - A full trip of both the North and South Forks will take approx. 1 ½ hours
    - This depends on speed and stops along the way
  - The treasure hunt should be done after the tour or if campers are already familiar with the lake

- This is a treasure hunt that is won by speed and accuracy. Each team will race to find all of the items and answer all of the questions correctly on the list in the shortest amount of time. Time will be docked if campers break the speed limit or if parts of the list are completed incorrectly. The team with the most correct answers in the shortest amount of time is the winner.
- Use the existing treasure hunt list or create your own.
- Take normal 10-15 minute rides at the end of the day after the tours
- Pass out magnets at parents night

## 5. **FRIDAY: Barrel races and Pizza Day**

- a) 40-45mph speed limit
  - No maneuvers over 30mph
- b) Barrel races
  - Set up buoy course in an open part of the lake
    - See diagram for an example
  - Make a pattern for entering and exiting all of the buoys
  - Time each camper on their course completion time
    - Give everyone a few try
    - Take the best time for each camper
    - There is a 10 sec deduction for every time they miss a set of buoys
  - Give prizes to the camper with the fastest time
- c) Pizza for lunch with water ski camp
  - Pizza is optional for campers
    - those who chose to have pizza will pay \$5 sometime at checkout
  - Each camper gets two pieces of pizza to start with
  - Seconds are called after everyone has had their two pieces
    - During seconds and thirds campers get one piece of pizza at a time
- d) Take 10-15 minute turns after lunch
  - Free ride time
    - Campers can drive around and practice maneuvers or run the buoy course again
- e) Wrap up
  - Repeat some the important safety issues about the water and Jet Skis
  - Thank the campers for a good week
  - Pass out magnets to those that didn't receive them at parent's night
  - Return tests
- f) Fill out camp postcards



SACRAMENTO STATE  
**AQUATIC CENTER**

**Youth Groups,  
Team Builds, and  
Birthday Parties**

# THE UNIVERSITY OF SOUTH ALABAMA

THE UNIVERSITY OF  
SOUTH ALABAMA  
has officially moved  
into its new  
main building

# YOUTH GROUPS

## **1. Introduction**

- a) Meet guests and direct them to the beach
  - Have leader check in with front office and turn in releases
- b) Give safety talk to group as a whole
  - Make sure everyone has applied sunscreen and is ready to get wet
  - Give participants all of the rules for the day
    - Shoes at all times; lifejackets on when near the water; no throwing rocks, sticks, or sand; don't feed the geese; no running; stay away from the dam
    - Reinforce the safety reasons for all of these rules especially the life jackets

## **2. Split Into Groups**

- a) Have participants split into their groups for the day
  - Most school groups will have preset groups but we can help divide the groups if needed
  - Try not to have groups larger than 20 children per counselor
- b) Each group will have a specific youth instructor
- c) Reinforce the rules for the day and double check sunscreen and shoes
- d) Have group do a count off or get into buddies to keep track of them for the day
- e) Take group to get fitted for life jackets
  - Try to put the entire group in the same color jackets if possible (this will help keep track of them)

## **3. Start Rotations for the day**

- a) Each group will be set up differently but the typical group is set up into the following types of stations
  - Kayaking, canoeing, sailing, hydrobikes, windsurfing/beach, landskis/team building, W.E.T. activities(lily pads, tension traverse, fidget ladder)
  - Most groups will go through about 4 or 5 stations
- b) Rotations will typically last 30-45min depending on the time frame and size of the group
- c) Someone will be designated to sound the horn to switch stations
- d) Usually there will be 10min in between stations
  - Use this time for the children to get some more water and apply more sunscreen
  - Do a count off or check with buddies to make sure all children are accounted for

## **4. Lunch**

- a) Depending on the group they will either have sack lunches on the beach or have a bbq
- b) Children are not allowed in the water during lunch
- c) Youth instructors can take this time to eat their own lunch and are not required to watch the children, however at least a few instructors should stay close by in case the group needs something

## **5. Clean up**

- a) Take children in groups to put away life jackets where they came from
- b) Have children pick up trash and make sure entire beach is clean
- c) Have children pack up all of their belongings and get ready to go home
- d) Pass out Aquatic Center Schedules to all children to take home to their parents
- e) After the children are gone the instructors will work together to put away all equipment and life jackets that were used and to make sure the entire area is clean (don't forget to sweep and pick up trash)





# **TEAM BUILDING**

## **NON-VERBAL LINE UP**

Non-verbal communication and Team work

- Ask your campers to form a straight line, without saying a single word that places the youngest camper at one end and the oldest at the other. After they think they have it right, go down the line and have each camper share their name, age and birth date to see how close they came.
- The game can also be played by getting in alphabetical order by either first or last names.

## **SPEED BALL**

Creative Thinking and Teamwork

- Use the name game to start out this game (in the ice breaker section). While everyone is in a circle, ask your group to toss the ball once more around the group, with each member receiving it only once, until it has returned to the first thrower. They should remember whom they received the ball from and whom they threw it to. Next, record the time it takes for the group's dynamics with the questions at the top of the chapter in mind. The only rules are that each member of the group has to touch the ball in sequence, beginning and ending with the same person. How quickly can it be done?

## **THE BIG BUCKLE**

Cooperation and Teamwork

- This is a simple activity that is good for a quick diversion. With campers standing in a circle wearing their lifejackets, see if all class members can buckle their life jackets together into one continuous 'jacket'. Remember this is a land activity only. A variation is to have two or more equal teams race to see which team can get buckled together the fastest.

## **LAND SKI RACES**

Teamwork and communication

- Split group into teams of about 5 and get a set of land skis for each team. Members of the team must all stand on the land skis holding the ropes. Teams have to step together to walk with the land skis attached to their feet. Give the teams some time to practice before racing. A leader can call out step, right, left etc. to get the team to move together. Once the teams are ready have them race across beach or cement area. For added difficulty you can turn the race into an obstacle course.

## **HELIUM HULA HOOP**

Teamwork and communication

- Have everyone split into groups of at least four people. Everyone stands in a circle and put the hula hoop in the middle. Everyone touches the hula hoop with their index fingers only (hands sideways, thumbs up and pointing into the middle). No cupping or grapping the hoop. As a team the group must lower the hula hoop from at least eye level down to the ground while everyone's fingers remain touching the hoop at all times. After practicing you can have the teams race one another.

## **PROPS**

Creativity and Communication

- Have everyone split into groups of at least four people. Everyone stands with their groups with the given prop.



# **BIRTHDAY PARTIES**

## **1. Introduction**

- a) Meet guests and identify yourself as head lifeguard
  - Check in all children
  - Collect releases
  - Pass out wrist bands
  - Get departing parent cell phone numbers for emergency contact
  - Hand out water bottles and apply sunscreen
  - Give water safety talk and review rules

## **2. Recognize Birthday Boy or Girl**

- a) Every participant says something nice regarding the birthday individual
- b) Lifeguard records statements
  - This will be included in the follow-up thank you letter

## **3. Group Photo**

- a) Have parent's use their camera so they have a keepsake photo

## **4. Birthday Game or Defroster**

- a) Use games from the game section or come up with your own ideas

## **5. 1 ½ Hours of water time**

- a) For the Paddler's Paradise this will be the kayak trip
- b) For the Beach Bonanza this will be free swim with the windsurf boards

## **6. Games (10-15 min)**

- a) Do a couple activities or challenges while the parents are setting up the food

## **7. Food and Cake**

- a) Youth Instructor will put away P.F.D.'s and clean up equipment

## **8. Open Presents (30 min)**

- a) Youth Instructor will record all gifts, empty trash, and pick up facility to prepare for the next group



SACRAMENTO STATE  
***AQUATIC CENTER***

**RESOURCES**

# UNITED STATES DEPARTMENT OF AGRICULTURE

## FOREIGN SERVICE BUREAU

WASHINGTON, D. C.

1918

1919

1920

1921

1922

1923

1924

1925

1926

1927

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1929

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1931

1932

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1936

1937

1938

SACRAMENTO STATE  
***AQUATIC CENTER***

**Games  
And  
Ice Breakers**



# THE UNIVERSITY OF THE SOUTH PACIFIC

## THE UNIVERSITY OF THE SOUTH PACIFIC LIBRARY

UNIVERSITY OF THE SOUTH PACIFIC  
LIBRARY

# ICE BREAKERS

## THE NAME GAME

Learn everyone's name

- This involves making a circle with all of the campers. One person starts by introducing him/herself. This goes around the circle until everyone has given his or her own name. Then the leader takes a small ball and throws it to an individual "Hello \_\_\_\_." "\_\_\_\_\_" responds by catching the ball and saying "Thanks \_\_\_\_." Continue tossing the ball around the circle until everyone has learned his or her classmates' names.
- For added difficulty, after everyone seems to be catching on, toss a second ball into the group. Also try having campers come up with a silly word to add to their name. For example: "Awesome Amy," "Jolly Jacob" or "Rotten Robbie." This will also make it easier to remember everyone's name.

## ONE ON ONE

Get to know you game

- Divide the group into pairs. Partners should interview each other to find out something about his/her partner. Important information could include a goal, a dream, favorite things or things they are good at. After a specified amount of time, partners are asked to share what they learned about one another during their interview.

## TOILET PAPER GAME

Get to know you game

- Ask your campers to sit in a circle and pass a roll of toilet paper around the group. Tell them to take as much toilet paper as they might need in one trip to the bathroom. After everyone has their inventory, for every square of paper they have, they must share a fact about themselves.

## INTRODUCING...

Get to know you game

- Break into pairs or small groups. Each person decides on three things about themselves; 2 of which are true and 1 that is not. The other partner or group members must guess which one of the three statements is not true. Each person will learn two new things about their group members.

## POOP DECK/SHIP CAPTAIN

Get to know you game and learning the parts of a boat

- This game is best played in large open area. To play the leader of the activity (captain) will call out the commands. The participants will listen for commands and react appropriately. If they mess up/don't have partners they get out. The commands are:
  - Bow- lay on the ground on your front.
  - Stern- lay on the ground on you back.
  - Port- pick up your left leg and grab it with your left arm.
  - Starboard- pick up your right leg and grab it with your right arm.
  - Crow's Nest- one person jumps onto the back of another person and looks around.
  - Life boat- three or four people are sitting on the ground in a row acting like they are paddling a boat.
  - Captain on deck- look at the leader and say "Aye, Aye Captain."
  - Swab the deck- pretend to be washing the deck.
  - Walk the plank- pretend to walk to the edge of the plank and jump off the end.
  - Love Boat- grab a partner and start dancing.



# GUPPY GAMES

## Duck Duck Goose

**Age:** 5-8

**Number of Participants:** 6-20

**Equipment:** None

**Facilities:** Large, open space with no obstacles

**Activity:** Have children form a circle, facing inwards. There should be about an arm width of space between each child. Designate one child to be "It". This child walks around the outside of the circle, tapping each child on the head, saying "Duck, Duck..." The child picks a person he/she wants to tag, then says, "Goose". The child who has been called goose gets up and chases the person who was "it", trying to tag them before they get to the goose's spot. If they can tag the original "it", that person is "it" again; if not, the goose is now it. Game continues in this manner. **This is a "no running" game.** To encourage children to walk, make up creative tagging walks, such as a penguin walk, sumo walk, or tip-toe sneaky walk. Remind children not to run. If a child runs, they are automatically "it".

## Sharks and Minnows

**Age:** 5-8

**Number of Participants:** 8-15

**Equipment:** None

**Facilities:** Large, Open Space

**Activity:** Designate one child to be the Shark; all remaining children are Minnows. The Shark goes to one end of the area, facing away from the Minnows. When the counselor says, "go", the minnows try to sneak up and tag the Shark. The Shark plays along by not turning around until he/she thinks the minnows are close by. When the Shark turns around, he/she attempts to tag the Minnows that are close by. If a Minnow is tagged, it becomes a Shark. **This is a no running game.** One way to encourage children to slow down is to have them crawl on their hands and knees, wiggle on their stomachs, or tip toe. This game can also be adapted to water play, with the sharks swimming after the minnows.

## Follow the Leader

**Age:** 5-8

**Number of Participants:** 5-20

**Equipment:** None

**Facilities:** Open area

**Activity:** Great activity for getting the kids from point A to point B. Have them get in a line and follow you. Walk funny; make noises, skip, clap, snap, hop, spin, etc. Designate another child to be the leader if they seem like they can still play along. If the line stops or they aren't following, stop them and remind them of the game. **This is a no running game.**

## Telephone

**Age:** 5-8

**Number of Participants:** 5-15

**Equipment:** None

**Facilities:** No big area needed- good game to play while waiting in line

**Activity:** Make sure the children are in a line, and then start the message at one end. Make up a semi-long or complicated message, and instruct the children to pass the message down the line by whispering in each other's ears. There is only one repeat, so advise them to pay attention to what the person in front of them is saying. This can also be used as a way to open up conversation about communication and making sure, we are following directions. It can also be a fun time killer while waiting in line.

## Red Light/ Green Light

**Age:** 5-10

**Number of Participants:** 8-25

**Equipment:** None

**Facilities:** Open space

**Activity:** In this game, one person plays the "stop light" and the rest try to touch him/her. At the start, all the children form a line about 15 feet away from the stop light. The stop light faces away from the line of kids and says "green light". At this point, the kids may move towards the stoplight. At any point, the stop light may say "red light!" and turn around. If any of the kids are caught moving after this has occurred, they are out. Play resumes when the stop light turns back around and says "green light". The stop light wins if all the kids are out before anyone is able to touch him/her. Otherwise, the first player to touch the stop light wins the game and earns the right to be "stop light" for the next game.

# STARFISH GAMES

## Quick Draw

**Age:** 7-11

**Number of Participants:** 6-25

**Equipment:** None

**Facilities:** Medium sized open area

**Activity:** This is a great time killer. Have the children line up and tell them that you need to go over three very important hand signals for camp. Show them signal one, two, and three. Signal one is both hands on top of the head. Signal two is both hands on their hips. Signal three is hands touching toes. Ask for a volunteer who wants to be “it”. This child comes out of the line and stands near the middle of it, not facing the other children. The other children turn away so that they cannot see the person who is “it”. One the count of “One, two, Three, Quick Draw!” All the children display one of the hand signals, including the child who is “it”. Whoever is matching the hand signal of the person who is “it” is out. The game continues until there is one person left; this person gets to be “it” and the game starts over.

## Honey, Do You Love Me?

**Age:** 8-13

**Number of Participants:** 8-25

**Equipment:** None

**Facilities:** Open space

**Activity:** Have the children form a circle, and designate one child to be “it”. The person who is it approaches a person in the circle and says, while making a funny face, “Honey, do you love me?” The person being asked must answer, “Honey, I love you, but I just can’t smile.” This person must answer with a straight face and not smile. If he/she does smile, then that person becomes “it” and the person who was “it” takes a spot in the circle. Players are not allowed to touch each other, but can make as many silly faces as they want.

## Down By the Banks...

**Age:** 6-9

**Number of Participants:** 8-20

**Equipment:** None

**Facilities:** Medium sized open space

**Activity:** Have players form a circle. Each child places his or her hands palm up. The hands of each child should overlap with the child next to him or her, to where each child can give “five” to the person next to them. One of the counselors starts, and sings, “Down by the banks of the Hanky-Panky where the bullfrogs jump from bank to banky with an Eep, Ipe, Ope, Opp, jumped in the river and went Ker-Plop!” At each word, each child slaps the hand of the person next to him or her. The last person to be slapped with “plop” is out. This continues until there are two people left, who then thumb wrestle for victory.

## Line Up

**Age:** 7-adult

**Number of Participants:** 8-40

**Equipment:** None

**Facilities:** Open area

**Activity:** Explain to the group that there will be absolutely no talking, texting, lip-synching, or whispering during this activity. Tell them to line up in order of their birthdays. Allow them to decide which side is the beginning of the line, and reinforce the no talking rule if need be. Try to stay silent too. This is a great activity if you're tired of hearing everyone talking at once and want to take the excitement level down a notch. After they've lined up, ask them to go down the line one by one and say what their birthday is. While you have them quiet, talk about different methods of communication and the challenges (and benefits) of being asked to not talk.

## Interrogation

**Age:** 7-16

**Number of Participants:** 8-20

**Equipment:** None

**Facilities:** Open area- enough space for everyone in the group to be heard

**Activity:** Arrange the group in a circle, and designate one child to be "it". This child will have to leave the area; send him/her away with a counselor. The remaining group selects a secret word that they will try to get the "it" person to say. The person who is "it" returns to the group, and the group may ask questions, engage in dialogue, or do anything else they can think of to get the person to say the secret word. Once they say it, ask a new volunteer to be "it".

# TURTLE GAMES

## Human Knot

**Age:** 8-adult

**Number of participants:** 6-12

**Equipment:** None

**Facilities:** Open area; does not need to be particularly large, just free of obstacles

**Activity:** Players form close circles within their groups. Everyone reaches out and grabs the hands of someone from across the circle; they should grab the other person's hands as if shaking hands. Once everyone is holding a hand, the group must then try to untangle the knot without letting go of anyone's hand. If there is an odd number of people or one person sitting out, have that person be the doctor, facilitator, or hairstylist, instructing the group as to how to untangle the knot.

## Ship Captain

**Age:** 8-13

**Number of Participants:** 8-25

**Equipment:** None

**Facilities:** Large open space, free of obstacles

**Activity:** Designate one person as the ship captain. This person calls out orders to the rest of the players, which make up the ship's crew. If a player does not follow the order correctly, he or she will have to scrub the deck for 10 seconds. These are the orders to be used by the captain, along with their meanings. Players cannot move out of position until the captain says, "At Ease!"

- Attention on deck! = Players salute and yell, "Aye Aye captain!"
- Hit the deck! = Players drop to their stomachs
- Clear the deck! = Players must have their feet off the deck somehow
- Bow! = All players move to the "front" of the boat
- Stern! = All players move to the "rear" of the boat
- Port! = All players move to the left side of the boat
- Starboard! = All players move to the right side of the boat
- Captain's Quarters! = All players surround the captain

## 20 Questions

**Age:** 9-14

**Number of Participants:** 8-25

**Equipment:** None

**Facilities:** Enough open space to accommodate the group

**Activity:** Gather the group around you and advise them that they are playing guessing game. Tell them that you are thinking of something at the Aquatic Center, and they have to ask you questions to figure it out. The person who ends up guessing correctly will be "it" next. Tell them that you will only answer questions if the child is raising his or her hand (having 20 9 year olds ask "is it a boat?!" can get chaotic). Also, questions must be yes or no, such as, "does it float?", rather than, "what color is it?" This game is a great way to mellow out a group or kill time in between an activity. Another variation is to have each child think of their favorite thing- food, movie, place to visit, etc- and have the group ask them questions to find out.



## Happy/ Sad Penguin Tag

**Age:** 7-10

**Number of Participants:** 10-40+

**Equipment:** None

**Facilities:** Large, open area

**Activity:** This is a typical game of tag, except if being played at the Aquatic Center, advise children that they may not run. It is penguin tag, so each child must walk like a penguin (which looks something like a tight legged waddle). Tagging is above the waist and below the neck, and must be soft tags. Children who are "it" make a sad face; children who are not make a happy face. Once tagged, the face expression changes.

## Scavenger Hunt

**Age for activity:** 8-12 years

**Number of Participants:** 4-6 persons per group

**Equipment:** colored paper to designate team colors, lifejackets, water crafts including 2 person kayaks and hydrobikes (when using the hydrobikes, you can only have 2 groups since there are only 2 bikes), bicycles for each member (placed on the beach side of the lake).

**Preparation for the activity:** Create clues for the scavenger hunt, or use the ideas below. There needs to be a clue for each group at each station. Make sure that the equipment is placed in the appropriate areas before the race begins.

**Activity:** First split up the group appropriately into groups of 4-6 persons. Designate a color (red, blue green, etc.) to each group and give them an opportunity to create a team name and a team chant. Once the team names and chants have been presented, explain to the group the rules of the scavenger hunt, such as you must finish the tasks in the order given, and they must be completed at the fullest extent. They will be searching for clues that lead them to the next adventure. They may only read the clue that is in their designated color. Depending on the facility or available equipment, the clues can be transformed to meet the needs of your facility.

**Clue #1:** This clue is verbally given to each team. "Safety First is the key. When entering the water, you will each need one of these."

**Clue #2:** (Place at the lifejacket station) "At dock #1 you can take a flight on the nifty little hydrobikes."

**Clue #3:** (Place on hydrobikes) "Find clue #4 where things are blue, and pedal your way out to the blue bouy."

**Clue #4:** (Place on a floatation device, such as a lifejacket, and attach to the blue buoy.) "Head back to land in a flash and race to where the kayaks are at."

**Clue #5:** (Place on the kayaks) "You must all venture to the beach across the way, and stick together without any of your team members getting away!"

**Clue #6:** (Place on the beach next to the bicycles) "Pedal back as fast as you can, to meet with (facilitator's name) for the final chance to win!!"

The facilitator should then conduct the Knots game (see the next activity sheet to demonstrate). The first team to complete a circle WINS!!

# DOLPHIN GAMES

## Commonalities

**Age:** 9-14

**Number of Participants:** 8-30

**Equipment:** None

**Facilities:** enough space for the group to be able to mingle

**Activity:** Explain to the group that they are looking for things in common with fellow group members. Provide them with a theme, such as their favorite type of ice cream or favorite sport, and instruct them to find three other children in the group that like the same thing. If a child cannot find any group members that match, do a group high-five to celebrate that person's individuality. Another variation is to place the children in groups of 3-4, and instruct them to come up with as many things in common as possible.

## Negotiator

**Age:** 9-14

**Number of Participants:** 8-25

**Equipment:** None

**Facilities:** Open spaces; there should be one large chunk of shade and one large chunk of sunlight.

**Activity:** Separate the group evenly, and place half of the children in the sunny spot and half of the children in the shady spot. Instruct them that the goal is for them to convince people in the other group to come over to their side.

## Heads Up Seven-Up

**Age:** 7-11

**Number of Participants:** 10-30

**Equipment:** None

**Facilities:** Classroom or open space on grass

**Activity:** The counselor chooses a few children to be "it"; this should be in proportion to the number of children in the group. Those that are not "it" lay their heads on the table or ground, arms crossed under their heads. On one hand, they stick their thumb up. Their eyes must be closed. Those that are "it" will come around and push the thumbs down of one person per "it". Those that are "it" gather back at the front of the classroom. Instructor says, "Heads up seven-up", and all the children sit up. Those who had their thumbs pushed down try to guess who did it. If they guess correctly, they trade places with the person who was "it"

## Criss-Cross Circle

**Age:** 8-14

**Number of Participants:** 8-20

**Equipment:** None

**Facilities:** Open area with no obstacles

**Activity:** Instruct the group to get into a circle, and then ask them to cross their arms and hold hands with the people next to them. The point of the activity is to go from a criss-crossed circle facing inwards to an untangled circle facing outwards, staying next to the same people.

# SEAL GAMES

## Impossi-ball

**Age:** 10-adult

**Number of Participants:** 10-30

**Equipment:** 2 soft (Nerf, Koosh, etc) balls

**Facilities:** Large open space free of obstacles

**Activity:** Give a ball to two designated people. Explain to the group that the two people will throw the balls up in the air, and they must be caught when they come back down. The catch is that the people who threw the balls up may not catch them on their way down, and each person in the group must catch the ball at least once- no multiple catches by one person. Advise them that they will need to communicate and strategize so that not everyone rushes for the ball. Make sure you check the maturity level of the group- if they seem like the type of group to consistently give each other bloody noses, don't play the game. Hint to them that they may need to order throwing and catching partner groups.

## Two Truths and a Lie

**Age:** 9-adult

**Number of Participants:** 8-25

**Equipment:** None

**Facilities:** Classroom or open area with enough space for the group

**Activity:** Instruct the group that each person needs to silently come up with two things that are true of themselves and one thing that is a lie. Each child will tell the group the three things, and the group's job is to guess which statement is a lie. This is a great way to learn about the people in your group.

## Movie Ball

**Age:** 9-16

**Number of Participants:** 8-20

**Equipment:** One ball, such as a basketball, soccer ball, or Nerf ball

**Facilities:** Open area, free of obstacles

**Activity:** Arrange the group in a circle. The first person with the ball says the name of a movie, and then passes to another person somewhere in the circle. That person has 5 seconds to name another movie, or to name an actor from the movie that the first person said. The next person either names another movie, or names another movie the actor was in. Each player has approximately 5 seconds to answer.

# STINGRAY GAMES

## Back to Back Drawing

**Age:** 10-adult

**Number of Participants:** 6-30

**Equipment:** Pieces of paper and a pencil for half of the people in the group

**Facilities:** Classroom

**Activity:** Have the children in the group get into partners. One child is the drawer; one child is the describer. If there is an odd person out, it's okay to have a group of 3. Have the children sit back to back, giving the drawer the pencil and piece of paper. Tell the describers the name of the item they have to tell their partner to draw. Some ideas are to have them draw a bicycle, sailboat, cat, or car. This is great for days that are too flat or too windy to go out on sailboats.

## People Trade

**Age:** 12-adult

**Number of Participants:** 8-30; helps to have even numbers, although the odd person out can act as referee or aid.

**Equipment:** Plastic spot dots (pull out one for each person, plus one more of a different color) found in the blue bins by surf boards.

**Facilities:** Large, open area with no obstacles

**Activity:** Line up the dots on the ground, making sure they are evenly spaced. Place the other colored dot in the middle. Separate your group into two teams. If there is an odd person out, advise him or her that they will be the "expert", providing guidance to the two teams. The teams must position themselves on the dots, with the colored dot kept empty in the middle. On go, each team must switch sides with the other. The rules are: Team members may only move forward, not backward. Teams may move around a person from the other team into an empty space, but not if the space still has a person in it. Team members may not go around people in their own team. Two people may not move at the same time. This game will take a while and there may be some frustration. Encourage the kids to work it out. For super difficult levels of play, the "expert" can be the only person allowed to talk, and all teams must be silent- that method may work better with teens and adults.

## Pass the Gas

**Age:** 9- college

**Number of Participants:** 8-30

**Equipment:** None

**Facilities:** Enough space for group to circle up

**Activity:** Arrange group in a circle. Advise them that they need to pass the gas, and make a flubber noise with your lips, forearm, or bicep. Let them know that they need to continue to pass the gas throughout the circle, with each person passing the gas along. Yes, it's poop humor, but oh well. This is a good time killer, and a good way to increase the group's energy.

## Wetheads

**Age:** 10-adult

**Number of Participants:** 10-40

**Equipment:** Small paper cups for each child, a water source, such as a large bucket; one larger cup for each group.

**Facilities:** Open area free of obstacles

**Activity:** Break up the group into teams of 3 or 4 people (depending on number of people in the group). Give each team one large cup and tell them to designate who will be the “wethead”. That person lies on the ground and places the large cup on their forehead. The other children in the group balance the small cups on top of their heads. Their goal is to fill up their cups with water, balance them on their heads, and race over to their wethead. From there, the children attempt to fill up their group cup by holding their small cups on top of their heads and pouring the water into the large group cup, which is balanced on the wethead’s forehead. The children may take the cups off their heads to fill them with water, but must keep them on their heads when pouring (although they obviously may hold the cup on their head while pouring). Fastest team to fill their cup wins.

# SHARK GAMES

## Tiny Teach

**Age:** 11-adult

**Number of Participants:** 10-40

**Equipment:** None

**Facilities:** Open area free of obstacles; can also be done in the classroom

**Activity:** Ask the group to get into partners; if there is an odd one out it's okay to make a group of three.

Explain to them that we all have something unique and cool that we can teach someone, and ask that they teach their partner a tiny skill. It doesn't have to be something extravagant, just something simple. For instance, if they've ever taken a karate class, they can teach their partner a karate move. Or they can teach them how to tie a really cool knot. Give them a few ideas, then allow one minute per person for the tiny teach. Have each child (or a few of the children) demonstrate what they learned from their partner.

## Blindfolded Bucket Showdown

**Age:** 10-adult

**Number of Participants:** 10-30

**Equipment:** 2 large buckets full of water; 2 blindfolds; small paper cups; rope

**Facilities:** Large open area outside with no obstacles

**Activity:** Split the group into two teams, and arrange the teams so that they are facing each other. In the open space between the teams, create a dividing line by using a rope or jump rope. On each side, place one bucket full of water and one cup. Choose one person from each team to come to the middle for a showdown. Before they go to the middle, give each of the children a blindfold to wear. When the counselor says go, the two children make their way to their cups and buckets, following the yells and guidance of their team. Once they have their cups and buckets, their goal is to fill their cup with water and try to hit the other team member with the water, also using the guidance of their teammates. They get 5 tries. Once finished, another team member goes. Teams should stand back while yelling, and the buckets for opposing teams should be placed away from each other.

## High-Five Hello

**Age:** 10-adult

**Number of Participants:** 10-40

**Equipment:** None

**Facilities:** Large open space for group to circle up

**Activity:** Split the group in half. Have them create two circles, one inside the other. Have the inner circle turn so that their left shoulders are facing the inside of the circle. Have the outer circle turn so that their right shoulders are facing the inside of the circle (the two circles should be facing opposite directions). Have the people in both circles raise their right hands, and ask them to solemnly swear to have a good time, doing their best at every activity. Then ask them to walk forward (so the circles will pass each other), giving a high five to each person they pass. After a few seconds, instruct the circles to stop walking, re-high-five the person they've stopped at, introduce themselves, and then spend one minute talking about a topic that the counselor has chosen. A couple of topic ideas include: favorite camp activity, favorite place to vacation, least favorite food, best memory ever, coolest gift ever received, etc. Spend about a half a minute to one minute for each person to talk. When ready to move again, have them all raise their right hands and continue down the circle. This is a great icebreaker, and a great way to get kids to open up and learn about each other.

# ADVENTURE/PADDLE CAMP GAMES

## Life Raft

**Age:** 12-adult

**Number of Participants:** 8-15

**Equipment:** Small tarp; group should just be able to fit on the tarp

**Facilities:** Open area without obstacles

**Activity:** Have the entire group stand on the tarp and advise them that they were in a sailing class here, but their boat has sunk. The good news is that they have a life raft; the bad news is that it is upside down. The tarp they are standing on is the life raft, and the goal of this activity is to turn the life raft over without anyone falling into the shark infested waters (no one can step off the tarp). Encourage them to work together as a team and strategize. If they are stuck for a long time, ask leading questions that will help them figure out how to turn the tarp over.

## TP Necessity

**Age:** 12-adult

**Number of Participants:** 8-25

**Equipment:** Roll of toilet paper, one that has little TP squares

**Facilities:** Classroom or open area with enough space for the group to form a circle

**Activity:** Arrange the group in a circle and without any prompting, pass around the roll of toilet paper, instructing each child to take as many squares as they think they need. Do not tell them why. Once the roll has gone around the circle, start by saying that for however many squares of toilet paper a person has, that is how many things they need to share about themselves. Go around the circle. Allow children time to think. If someone is truly stuck for over a minute, prompt them with a theme, such as if they snore or not. At the end of this activity, make sure the group cleans up all their toilet paper.

## Amoeba

**Age:** 12-adult

**Number of Participants:** 8-20

**Equipment:** Long rope

**Facilities:** Large open area free of obstacles

**Activity:** Have the group form a tight circle with no one touching, but very close. Loop the rope around them, tying in place when it is tight around them. Have the group step out of the circle, then attempt to come back in again without touching. This should be mildly difficult, or else the rope isn't small enough.

## Flip Me the Bird

**Age:** 13-adult

**Number of Participants:** 10-40

**Equipment:** Rubber chickens (found in a bag in the blue summer camp bin)

**Facilities:** Large open area free of obstacles

**Activity:** This is a modified game of tag for kids that can be mature about it. Counselors, it helps to brief them ahead of time that this is not a game where they can flip each other off. One person is given the rubber chicken. When a person is holding a rubber chicken, they have immunity. Designate another person to be "it". The person who is it runs around and tries to tag people. Since the rubber chicken provides immunity, a person can yell, "Flip me the bird!" as a way of asking to be tossed a rubber chicken. The group can have more rubber chickens if needed for size of group. Remember, this is only for groups that can refrain from using the literal meaning of the phrase. The game is over when all or most of the people have been tagged.

## Helium Hula Hoop

**Age:** 10-adult

**Number of Participants:** 10-30

**Equipment:** Hula hoops

**Facilities:** Open area free of obstacles

**Activity:** Separate the group into smaller groups of 6-10 people. Give each group a hula hoop. Have each group form a circle, and then each person sticks out his or her pointer finger. Lay the hula hoop across their fingers. Advise them that they must lower the hula hoop to the ground without touching the top of it or pushing it down. The first team to get their hula hoop on the ground wins.

## Sponge Tag

**Age:** 7-adult

**Number of Participants:** 10-40

**Equipment:** Buckets of water, 5-10 large soft sponges

**Facilities:** Large, open outdoor area free of obstacles

**Activity:** Select several children to be "it" and provide them with a sopping wet sponge. Advise them of the appropriate places to tag- above the waist and below the neck, gently. Those who are "it" run around and tag the other kids with the wet sponge, trying to get them as wet as possible. After a few minutes, change who's "it".





# SACRAMENTO STATE **AQUATIC CENTER**

## Summer Camp Scavenger Hunt

1. What is the brand of the smallest lifejacket?
2. How many seats are in the "President Gerth"?
3. How many outrigger canoes are there?
4. What is the Motto for Aqua Smart?
5. Where is Rattle Snake Hill?
6. How old is the dock master on duty?
7. How many planks/ pillars are on the "Sac" Gangway?
8. What is the name of the Dam?
9. What is written on the side of the biggest boat on the lake?
10. Who are the oldest and youngest camp counselors?
11. What are the two types of motorboat engines?
12. What is written on the two doors of the Ski Boathouse?
13. What cold treat does the staff have access to?
14. How many Laser sails are in the sail locker?
15. How many different kinds of "sit-on-top" kayaks are there?
16. How many classrooms are there?
17. How many canoes are there?
18. How many big rocks are there in Founder's Grove?
19. How many sailboats are there?

20. Collect:	The roundest rock	The flattest rock
	A twig	A leaf
	A duck feather	Grass

21. How many people are allowed upstairs if all the walls of the classrooms are opened?

22. What floats & peddles?

23. How many stairs are there?

24. How many outside trashcans are there?

25. How many picnic tables are there?

26. How many green life jackets are there on the racks?

27. What are the names of two camp instructors and when are their birthdays?

28. What is the name of the Dam?

29. What is the Sac State Mascot?

30. What are the school colors of Sacramento State?

# SACRAMENTO STATE **AQUATIC CENTER**

## Scavenger Hunt

1. How many canoes are there?
2. How old is the dock master on duty and what is his/her name?
3. What is the name of the Dam?
4. What are four types of sail boats?
5. How many different colored kayaks are there?
6. How many classrooms are there?
7. How many windsurf boards are there?
8. How many big rocks are there in Founder's Grove?
9. How many sailboats are there?
10. Collect:  
    The flattest rock  
    A twig  
    A duck feather  
    A leaf
11. How many people are allowed upstairs if all the walls of the classrooms are opened?
12. What floats & pedals?
13. How many stairs are there?
14. How many picnic tables are there?
15. How many blue life jackets are there on the racks?
16. Sing "Row, Row, Row your boat to a staff member. Have them sign here:  
  
\_\_\_\_\_
17. What is the Sac State Mascot? (Bonus: Name him)
18. What are the school colors of Sacramento State?
19. What is the brand of the slide?



# SACRAMENTO STATE **AQUATIC CENTER**

## Youth Group Scavenger Hunt

### Life Jacket Relay

#### Collect:

- The flattest rock
- Grass
- A twig
- A leaf
- A duck feather
- A kayak paddle
- Paper Clip
- Catalog

What kind of boats can you and your family rent at the Aquatic Center?

Name all four of the classrooms:

- 1.
- 2.
- 3.
- 4.

Find the boat with the best name: \_\_\_\_\_

Challenges:

Everyone on your team must shoot a basket



# SACRAMENTO STATE **AQUATIC CENTER**

## Photo Scavenger Hunt

### Take a Photo of:

- Legs buried
- Feet in the water near basketball hoop
- Photo with favorite named rowing shell
- Group photo with Dock Master
- Funny photo in classroom
- Creative lifejacket photo
- Most creative hand stand
- Best “on dock” kayaking
- “Where’s Waldo” photo
- Rock poses on Founder’s Grove
- Photo with an Aquatic Center Sign

### Collect:

- The flattest rock
- A twig
- A duck feather
- Grass
- A leaf
- Kayak paddle

### Extra Points

- Waist deep in water
- Wet hair photo
- Fully submerged photo





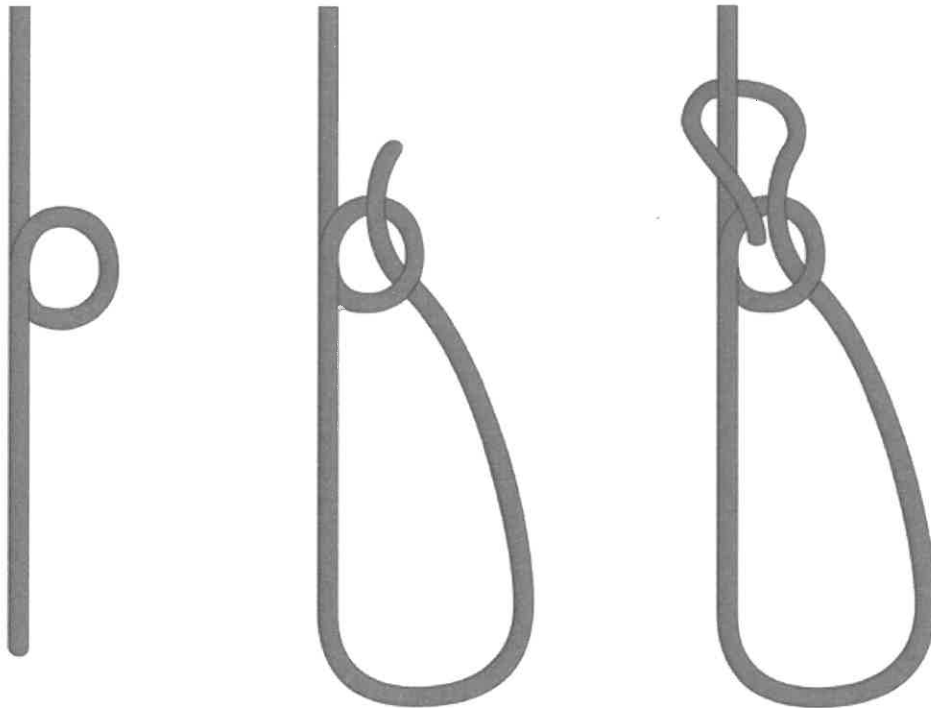
SACRAMENTO STATE  
**AQUATIC CENTER**

**Knot Tying**



# BOWLINE

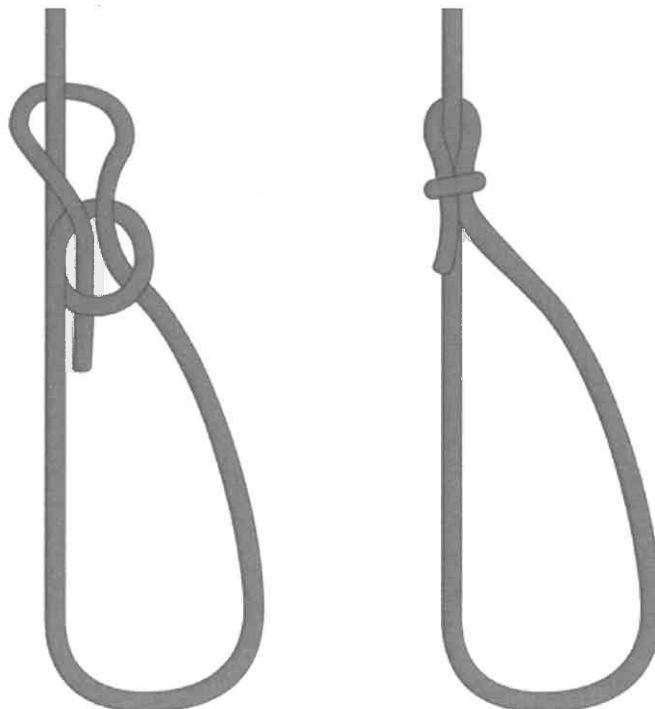
A bowline creates a loop that will not slip when weight is applied.



Form a loop with the lead passing over the line

Bring the lead up through the loop from underside of the loop

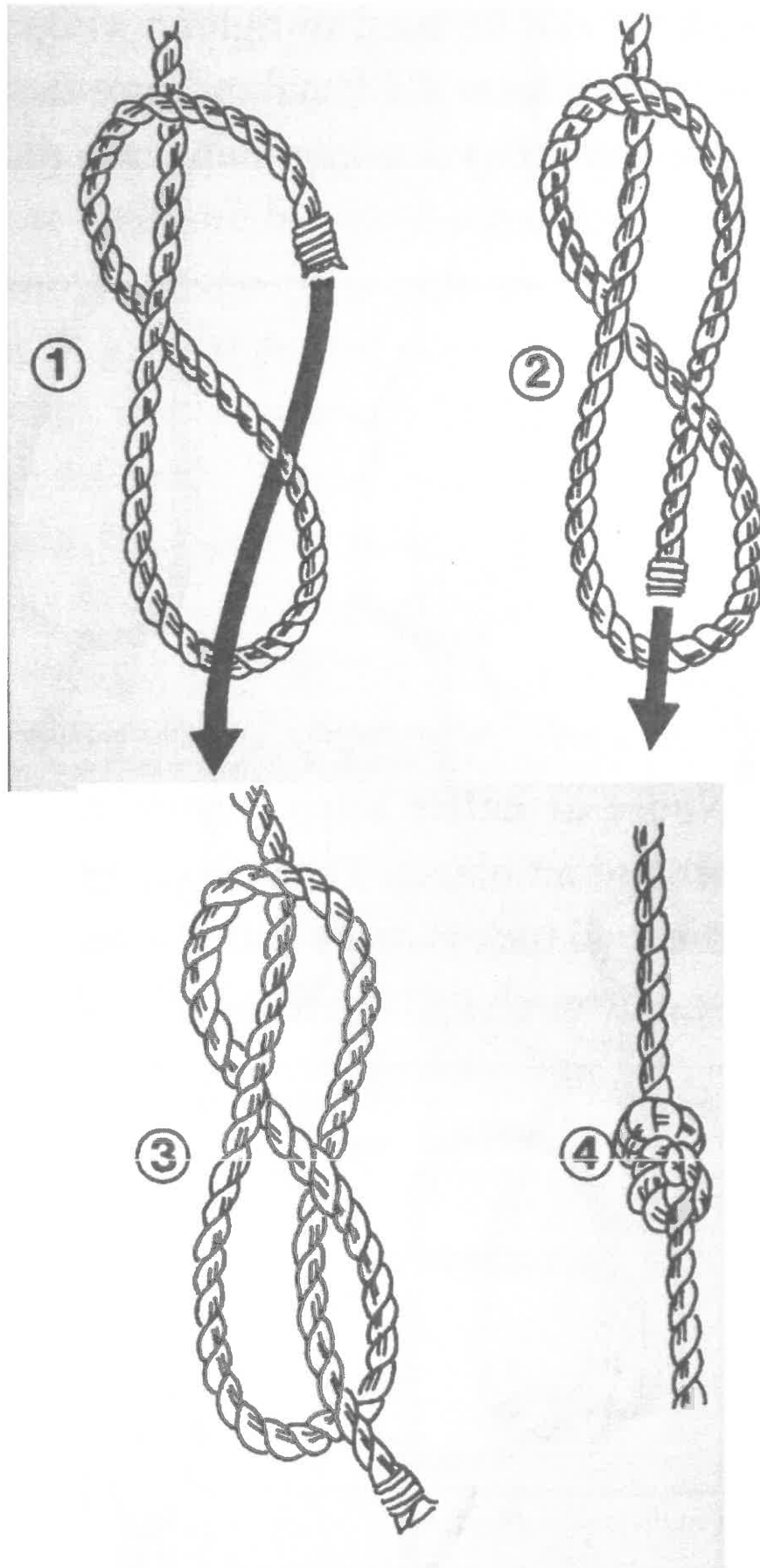
Wrap the lead around the back of the line above the loop



Pass the lead back down the loop

Tighten the bowline

# Figure 8 Knot



# Monkey Fist Knot



1



2



3



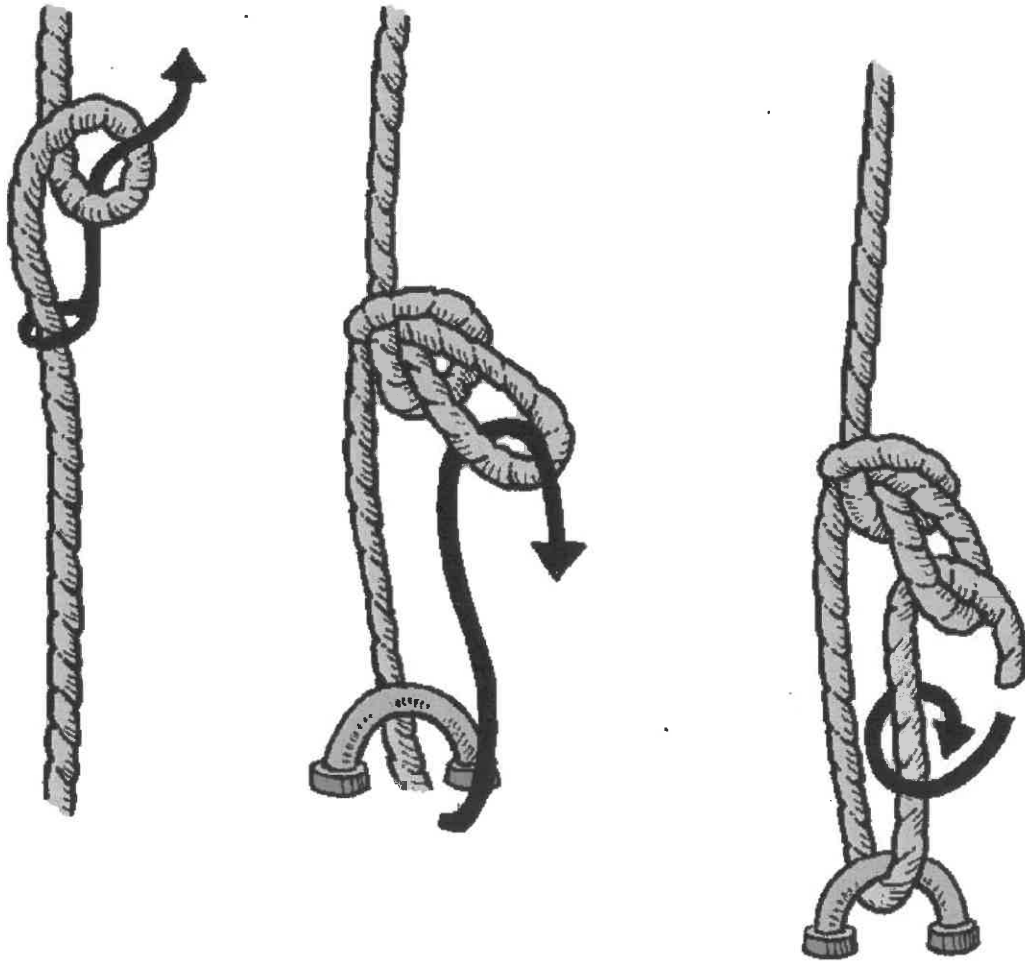
4



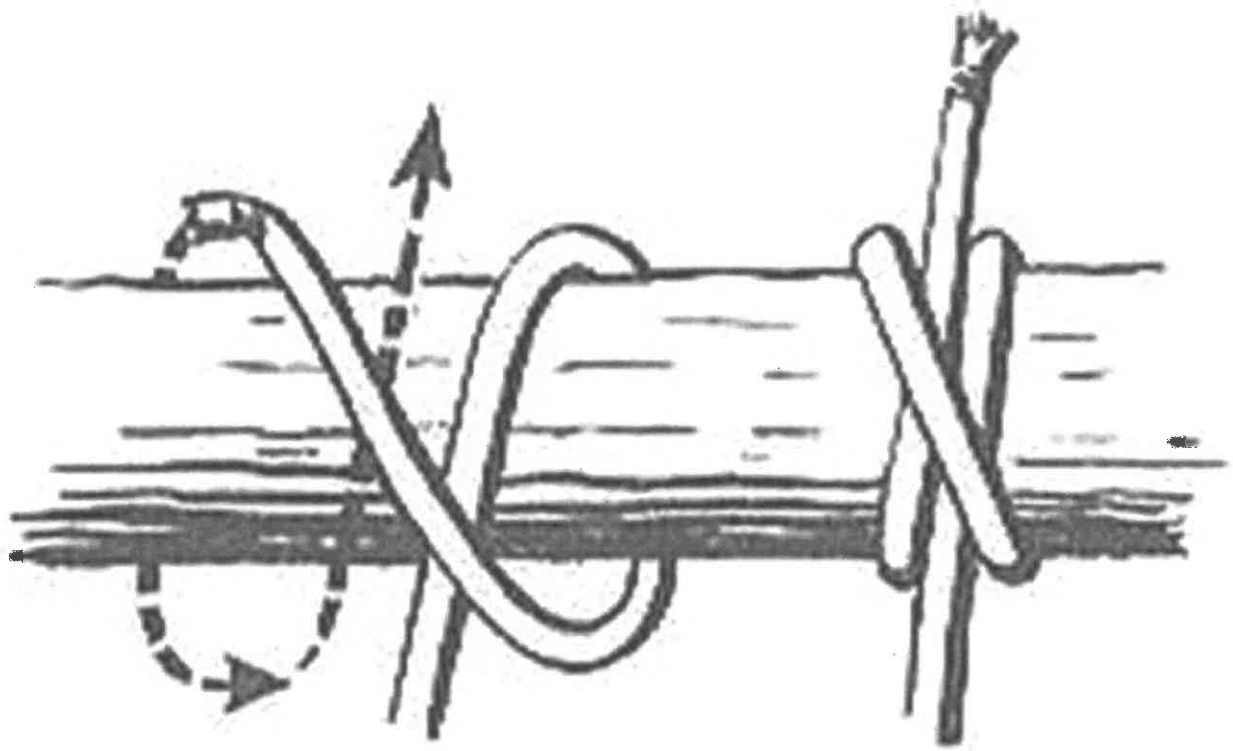
5



# Trucker's Hitch



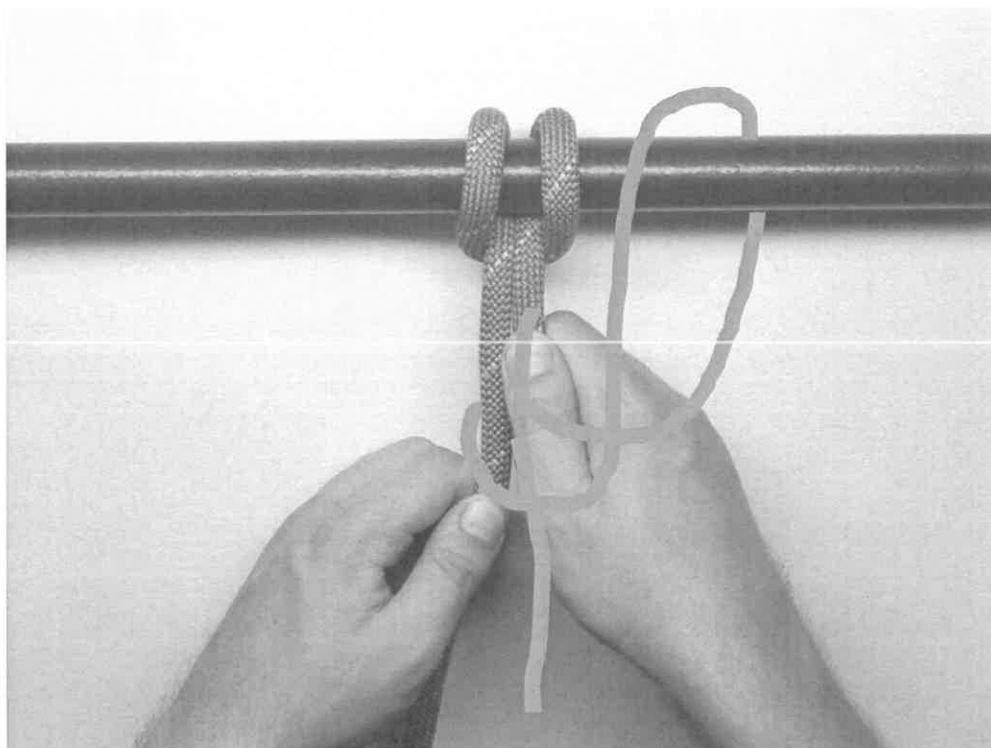
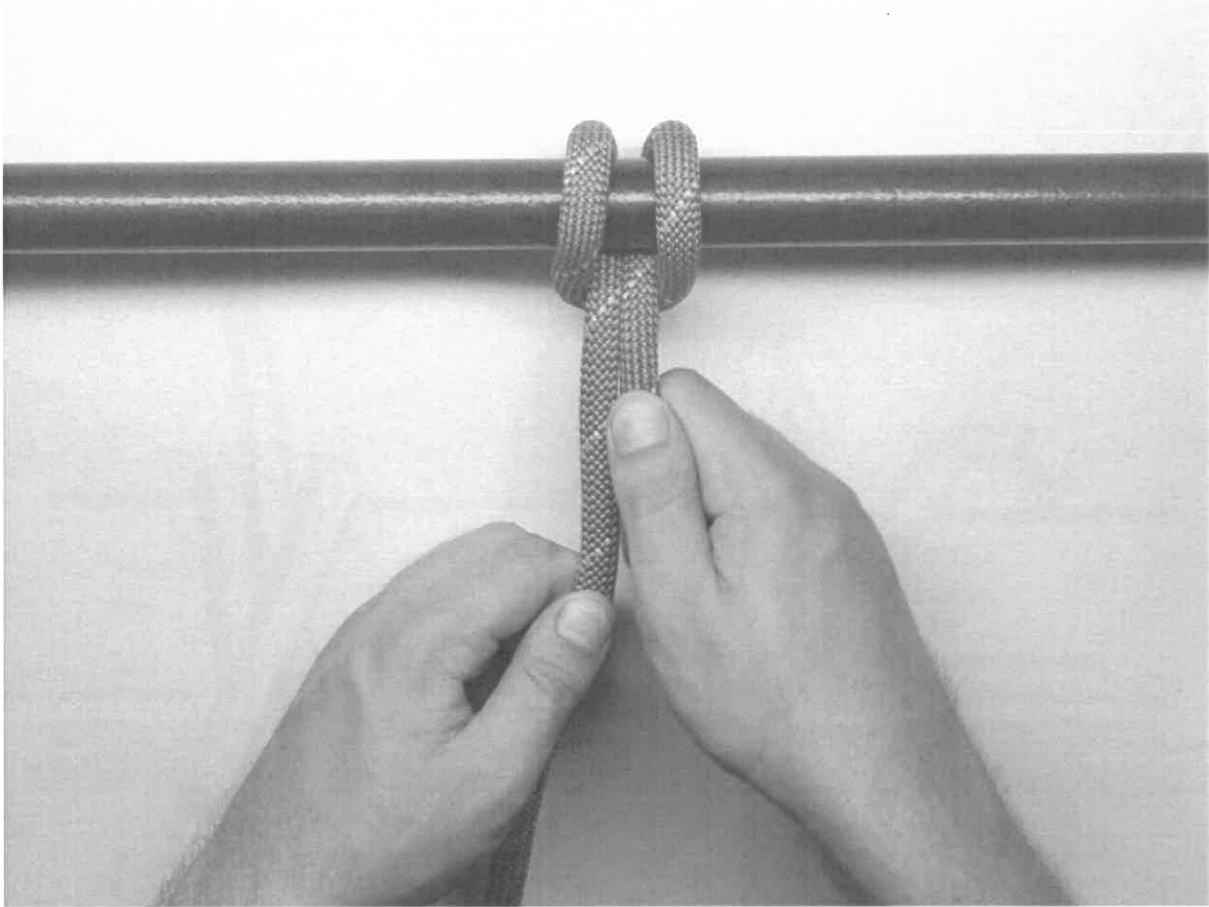
# Clove Hitch



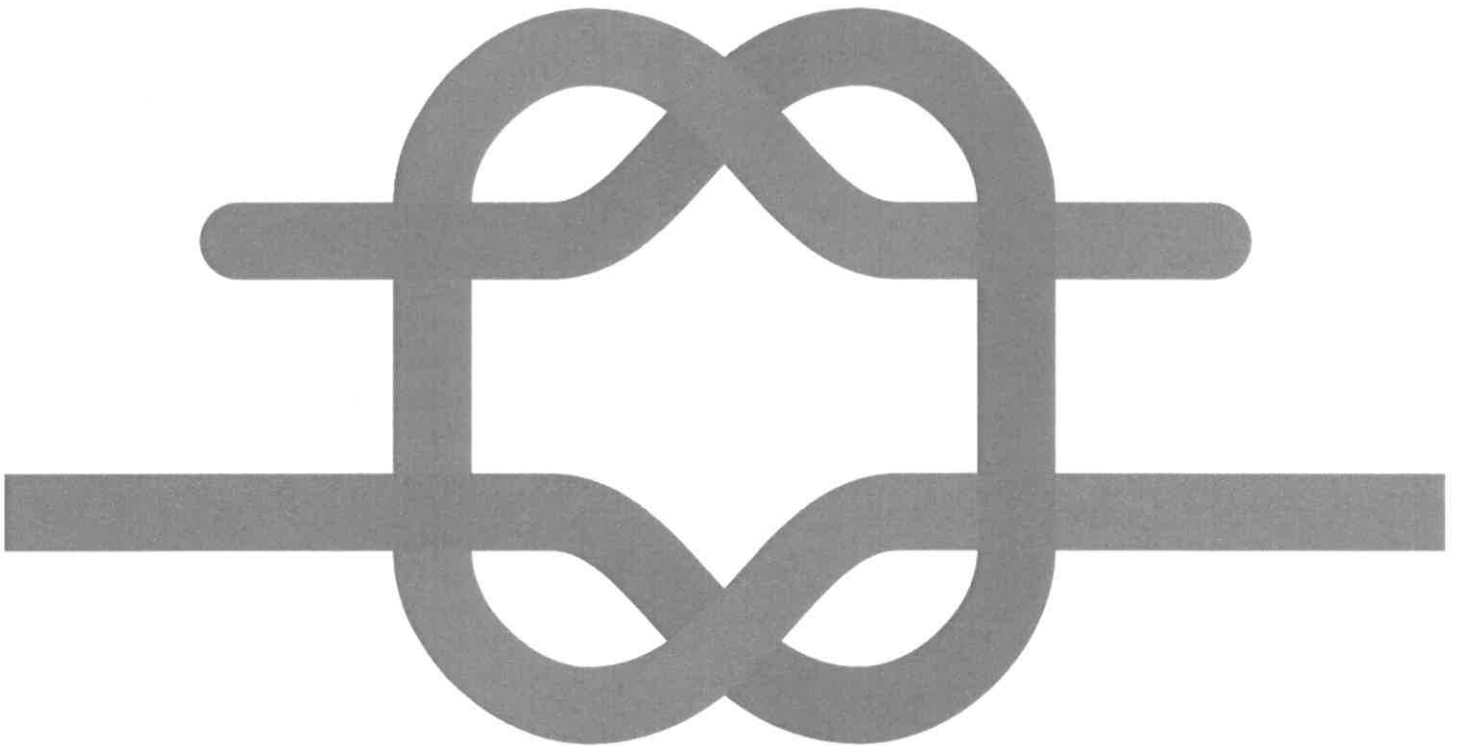


# Cow Hitch

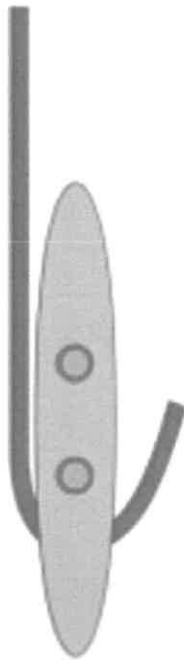
Used to tie up Whitcats with an added half hitch on the tail side and a locking hitch on the leads.



# Square Knot



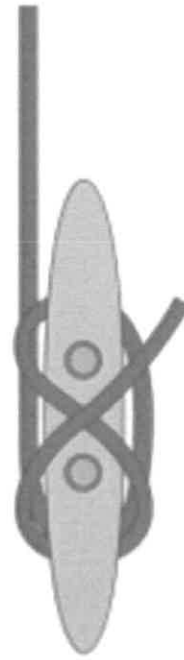
# Cleat Hitch



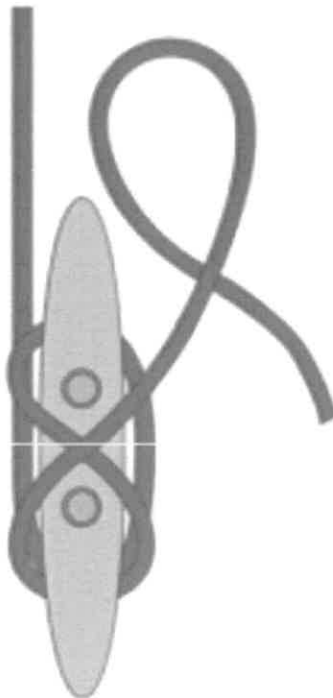
wrap line on the cleat  
base



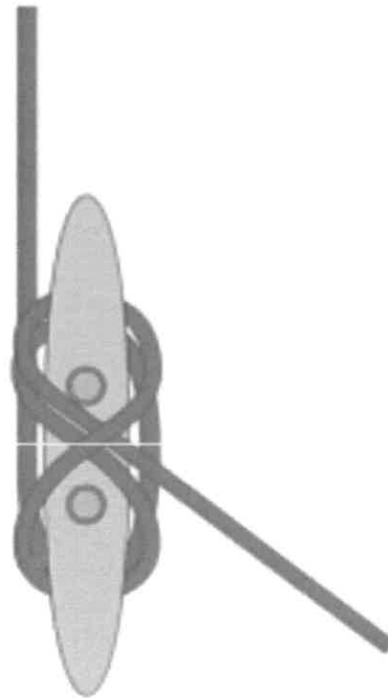
Complete a single loop  
around the cleat base. This  
keeps the line from cinching  
on itself when releasing the  
hitch



Cross the line over the cleat  
and under the horn at each  
end of the cleat



Form a loop with the end of  
the line passing under the  
loop



Pass the loop over the horn  
and cinch the line



