

## INTRAMURAL KAYAKING 2018

### Park Forest Middle School

#### DATES:

*Outdoor paddling sessions will be at either Bald Eagle State Park or at the Sunnyside Slalom Course on Spring Creek in Bellefonte.*

**Bald Eagle State Park:** Tuesday, 11, 18 & 25 September

**Spring Creek (Sunnyside):** Tuesday, 2, 9, 16 & 23 October

#### TRANSPORTATION AND LOGISTICS:

*Students must sign up in the school office each morning that they plan to paddle. A van driven by a coach will pick up students after school. The van will leave PFMS promptly at 4:00pm and take students to the paddling site. Paddlers must have their paddling clothes on before leaving the school. Students may leave their backpacks in the van, but please avoid bringing valuables. Parents can pick up students at Bald Eagle State Park or Sunnyside at 6:00pm or at PFMS at 6:30pm. **Please be prompt!** If you plan to pick up your son or daughter at Sunnyside or Bald Eagle State Park, please mark the dates on the info form. **If a student will be riding with anyone other than his/her parent, we must have written permission from both the parent and the driver at least 24 hours beforehand.** This is a SCASD policy. **All students will be expected to help with loading and unloading. All students must sign-out before leaving.** Directions to the Sunnyside Course on Spring Creek and Bald Eagle State Park are on the web site: <http://www.imkayaking.com>.*

*IM Kayaking will be limited to nine (9) paddlers / school. We will have a waiting list if we have more interested students. Please include your E-mail address on the information sheet. You will receive a confirmation E-mail.*

*Kayakers must do a "wet exit" before paddling in moving water. Kayakers can do wet exits at Bald Eagle State Park or on Spring Creek. We will try to pick a nice day at Bald Eagle to practice wet exits.*

#### COACHES:

*There will be two (2) coaches with the students. Coaches will be familiar with rescue techniques and help paddlers getting in and out of boats. All coaches are SCASD employees and have clearances.*

## SAFETY:

There are hazards to any sport, especially those practiced outdoors. Students will receive safety instruction. If a paddler behaves in an inappropriate manner he or she will not be permitted to paddle.

## ALL INTRAMURALS ARE CANCELLED WHEN SCHOOL IS CANCELLED.

If we must cancel due to extreme weather or high water, it will be announced at school and by E-mail. Please check your E-mail!

## EQUIPMENT:

SCASD will supply paddling equipment. **Students will get wet! Bring extra clothes and towels. Dress for the weather!** Avoid cotton. Nylon, wool or poly fleece are much better choices. Students must wear footwear of some kind – beach shoes are great! Sneakers will not fit in the kayaks.

## EXPERIENCE & COST:

No prior experience is required. Fill out an IM Sports Permission Form and a Personal Information Form and turn it in at the school office before 10 September. The forms must be signed by a parent. Forms are available on the web site: [www.imkayaking.com](http://www.imkayaking.com) or at school. There is no cost.

## PARENTS:

Parents are always welcome! Information on other local paddling groups will be given to parents.

## CONTACTS:

For more information please check our web site, or contact one of the coaches.  
Mrs. Joan Geleskie: (814) 571-7300, [joan@imkayaking.com](mailto:joan@imkayaking.com)  
Mrs. Susanne Aurand: (814) 272-8424, [sxa18@scasd.org](mailto:sxa18@scasd.org)