

Kayaking and Potential Kayaking Students:

This information is to provide you with important information regarding REC 8460 Kayaking, a CPCC course for which you have enrolled or desire to enroll. This course is unique; to perform well and enjoy this course you must seriously consider a number of factors.

1. You must feel comfortable in and under the water. The first skill you must practice and be able to demonstrate is a “wet exit”. Once in the kayak and on the water this involves tipping the kayak upside down and exiting it. Although this skill is not physically challenging, it can be psychologically intimidating. It only involves being under the water for roughly 5-7 seconds and small steps can be taken to evolve into a complete wet exit.
2. This course involves an “adventurous” mindset and a fit body. Most students who enjoy and perform well in this course enjoy adventure/risk activities and are fairly physically fit.
3. The kayaks owned by CPCC will fit people of many shapes and sizes but if a student is very tall (over 6’6”) or quite large (over 250 pounds) our kayaks may not be suitable for them.

The purpose of this information is not to intimidate the student or potential, but simply to provide details about this course to enable them to make an informed decision about being involved in this course.

For more information, or to register please call CCE customer service at 704-330-4223