



City of Kingston Parks and Recreation Environmental Education Program 2018-2019 Registration Information

Kayaking 101



FAST FACTS:

What: Kayaking 101

When: 9:30am-1:30pm

Where: Kingston Point Beach

Who: Grades 4-12

Cost: Fees are waived for programs held in 2018-2019 for Ulster County Schools.

Support from: Office of Children and Family Services, and the NYS Office of Parks, Recreation and Historic Preservation

Program Description

Paddling on the Hudson River. There is no better way to get fully “immersed” in the unique ecology of the Hudson River and its surroundings. This program is appropriate for all abilities, including first-time paddlers. Program includes:

- ❖ Water recreation safety
- ❖ Proper paddling techniques and instruction
- ❖ Guided kayak nature tour
- ❖ All equipment, including: single and tandem recreational kayaks, Coast Guard approved PFDs, and kayak paddles

Program at a Glance (Typical Schedule)

9:30-10:00am	Transport students to Kingston Point (*if needed)
10:00-10:15am	Welcome and introductions
10:15-10:45am	Kayaking 101 instruction
10:45-11:35am	Guided Kayak Nature Tour on Hudson River (half group)
11:35-12:30pm	Guided Kayak Nature Tour on Hudson River (2nd half group)
12:30-12:55pm	Picnic lunch at Kingston Point Beach Pavilion
12:55-1:10pm	Pack up boats, wrap up
1:10-1:30pm	Transport students back to school (*)

Program Details

We will be moving boats and gear from a storage area to the launch site upon arrival and at the conclusion of the day. Depending on the size of the group and the number of kayakers, we will be dividing the group up and taking more than one tour. The second group will stay at Kingston Point Beach while the first group paddles, etc. At least one chaperone must be assigned to this group as



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the guides will be with the group on the water. If there are any adults who have their own kayaks and would like to bring them, they should contact KC to discuss the details.

All participants will be required to wear a Coast Guard Approved PFD, which will be provided, the entire trip. All participants need to wear shoes that can get wet, for example water shoes/Keens/Texas/Crocs/old shoes/appropriate footwear. Flip flops are not appropriate. All participants will be required to wear shoes the entire program. Participants should wear comfortable shorts or pants that can be rolled up. Denim jeans are not appropriate as they get very heavy when wet. Hats are a good idea, as is sunscreen, as the program is in full sun. Bathing suits are not necessary, as swimming will not be permitted. Participants should bring a sweatshirt/light jacket and a change of dry clothes, in case they get wet. You will get sandy and muddy. Participants should bring water for the kayak tour. There will be straps on the boats for securing water bottles.

There will be a designated lunch break at the Kingston Point Beach Pavilion. Lunch is on your own and all participants should bring a picnic lunch. There is a Carry-In, Carry-Out Policy with all trash. Porto potties will be available.

Adult chaperones are certainly welcome and encouraged. We require a minimum of 2 adults to attend with the class, and a minimum of a 12 to 1 ratio of students to adults at the program site. Adult chaperones should meet us at Kingston Point Beach, except for at least one adult, which is required to ride on the bus with the students. Adults should definitely come prepared to be hands on and engaged in the program as we will need assistance throughout the day.

Transportation

The Parks and Recreation Department is able to provide transportation as a collaboration with Kingston Citibus at a fee of \$1 per student. Adults are free. We will pick up your class at 9:30am at the Front Door of your school. The \$1 per student transportation fee is due by cash or check made payable to The City of Kingston upon their arrival.

In the event of inclement weather, we will call the school that morning to make any cancellations. Note** It is often likely that the kayaking conditions at Kingston Point may not be reflective of the conditions at your school.**At that point, we will offer another reschedule date if one is available. If you need to cancel for any reason, please call the Recreation Department as soon as possible at 481-7336 (KC Keegan-Twombly's Extension).

The environmental educators will be engaging the students all day in the outdoor learning environment and an appropriate code of conduct is expected from each participant:



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- Classroom teachers will be present for entire program
- All discipline issues will be addressed by classroom teachers
- Any student or chaperone who is disrupting the program may be asked to leave
- Use of cell phones and texting is not permitted
- Safety is of utmost priority

This is an outdoor education experience, but should be treated the same as any learning experience, that is hands-on, interactive and fun. Inappropriate behavior will result in a loss of the privilege to participate in the program.

If there are any questions, concerns or changes, the teacher should contact:

KC Keegan-Twombly

Environmental Educator at Kingston Parks and Recreation

845-481-7336

KCKeegan@kingston-ny.gov