

# New York Community Kayak Program



At

Riverbank State Park  
Information For Volunteers  
Fall 2017/ Winter 2018

**New York Community Kayak Program  
Fall 2017/ Winter 2018**



### **ABOUT THE PROGRAM**

The NYC Community Kayak Pool Program will begin at Riverbank State Park on Saturday, November 4, 2017 runs through the beginning of March 2018. The program provides basic kayak training to the public through the New York State Department of Parks in an Olympic size pool overlooking the Hudson River. These weekly classes are to introduce students to kayak equipment and learn basic strokes and safety. The program relies on instructors / volunteers from the kayak community.

Head Instructor **Lee Reiser** donates his time throughout the season. Lee is an ACA Level II Certified Instructor. He is assisted by individuals with a wide range of experience and certifications from the *American Canoe Association* and the *British Canoe Union*, two of the major organizations for the sport of recreational kayaking.

### **PUBLIC KAYAK COURSES**

Riverbank State Park promotes the program and enrolls students in one of the six courses we hold. Each course contains four classes. These weekly classes are held on Saturdays from 4 to 6 pm. The curriculum will cover basic skills using the ACA skill level I guidelines.

Courses	Dates
Course 1 Saturday	11/4 - 12/9
Course 2 Saturday	1/6 - 1/27
Course 3 Saturday	2/3 - 3/10
Volunteer practice dates	Sorry, none this year
Break down/clean up	3/11
Awards Dinner	3/11 (tentative)

The age and experience level of the public students can vary greatly. A student can be an adult or a child, comfortable in the water or anxious about learning. We break down into smaller groups so that each student gets instruction tailored to their needs. This requires a lot of volunteers and that's where you can help and learn at the same time!

### **VOLUNTEERING**

All kayakers are invited to volunteer, if you have basic knowledge. Volunteers help out by setting up equipment, greeting the public students, assisting Instructors and stowing gear at the end of each class.

In exchange for their service, volunteers are given training and pool time from 3 to 4 pm on Saturdays (prior to the public classes). Volunteers may arrive at 2:45 pm. You may practice your skills and learn new techniques from the Instructors and other Volunteers, such as bracing, rolling, rescues and towing. For those interested in certification, Lee Reiser will provide ACA Skills Level I & II training with an opportunity to receive ACA certification at the completion of training. Certifications are held off site from the pool on a date, time, and place that will be announced.

We may also have a variety of guest speakers in the paddling community to better inform you of different groups to paddle with and local options for paddling. These speakers and opportunities for networking in the paddling community will be emailed by our Program Coordinator in brief messages.

## **New York Community Kayak Program Fall 2017/ Winter 2018**



### **VOLUNTEER ELIGIBILITY**

We are guests of Riverbank State Park and, as such, must adhere to their rules. There are also a few more dictated by our insurance coverage. Please ...

- Sign/Check in at the front desk when you enter the Aquatic Center
- Sign into the waiver/attendance sheet at the start of each session.
- Read, sign, and agree to adhere to the Program Rules and Code of Conduct at the beginning of the season
- Follow instructions and orders from Pool personnel, Lifeguards as well as program staff
- Bring an adult with you to each class if you are under 18 years old, this person would need to sign the waiver/attendance sheet for the participant that is not at least 18 years old.

### **GETTING TO RIVERBANK STATE PARK**

The park overlooks the Hudson River on the west side of Manhattan. Located at 679 Riverside Drive, it spans from 137th Street to 145th Street. For information call the park at (212) 694-3600 or via the web at <http://nysparks.state.ny.us/parks/93/details.aspx>

The **Aquatic Center** is located on the west side of the football field overlooking the Hudson River. From the traffic circle head toward the skating rink. Enter the main building, where you will immediately walk through and exit on the other side; follow the pathway around the west side of the football field, towards the Hudson River and the Aquatic Center.

**Via Mass Transit:** Take #1 train to 145<sup>th</sup> Street and walk west towards the Hudson River - after crossing Riverside Drive you will see the main entrance to the park. Follow the pathway into the park and towards the football field.

Optionally you may take the #1 train to 137<sup>th</sup> Street and proceed west towards the Hudson river after crossing Riverside Drive follow the pathway to the large building on the west side of the track / football field.

The M11 bus in Manhattan, and the BX19 bus in the Bronx will take you directly to the park and drop you off in the traffic circle adjacent to the skating rink.

**By Car: For your 1<sup>st</sup> visit, stop at the guardhouse on 145<sup>th</sup> & Riverside Ask for a free parking permit for the day.** From 138th Street head west and make a left onto 12<sup>th</sup> Avenue. Take the first right beneath the West Side Highway (by the restaurant) then swing right again past the first guard booth. Follow the roadway in and around, curve left then make a hard left u-turn into the parking area. Use the elevator or stairs to get to the park on the upper level and proceed to the traffic circle.

From the West Side Highway: Take the 125<sup>th</sup> Street exit, make the first left past Fairway Supermarket and double back on 12<sup>th</sup> Avenue. Take a left under the highway overpass (just before the restaurant) then swing right past the first guard booth. Follow the roadway, curve left then make a hard left u-turn into the parking area. Use the elevator or stairs to get to the park on the upper level and proceed to the traffic circle.

## **New York Community Kayak Program**

## Fall 2017/ Winter 2018



### PARKING

The driving directions provided take you to the permit parking area. There are a limited number of spaces for Instructors and Volunteers. If you plan to attend at least four classes we will provide you with a permit. Please show the permit to the attendant and display it on your dashboard when at the park.

Under no circumstances are cars permitted to park outside of this area. Vehicles left at or near the traffic circle may be ticketed and towed at the owner's expense. However, you may drop off and pick up passengers within the traffic circle via the 145th Street entrance to the park.

### WHAT WE PROVIDE

We will use decked kayaks of assorted sizes; most of these are whitewater and play boats, and river kayaks. Space does not permit the use of full size sea kayaks. We also provide adult and child paddles, life vests and spray skirts. A few pumps, paddle floats, tow lines and other rescue gear are available to practice rescues.

**Optional:** You may bring your own paddle, life vest and spray skirt provided they are washed in fresh water before entering the pool. If you are interested in bringing in your own boat please check out the size of the pool first and speak with one of the program staff to discuss this option.

### WHAT TO BRING

Don't forget to bring a padlock so you can lock up your valuables and clothes.

Bring a towel, swimsuit and other approved water gear to wear in the pool, such as a wetsuit, water shorts and rash guard. *Non-approved clothing, such as T-shirts, cutoff jeans, and leotards, etc. is not permitted in the pool.*

Flip-flops or other footwear **that has never been worn on the street** may be worn around the pool area. *Street shoes are not permitted.*

You may want to bring nose plugs, ear plugs and swim goggles for rolling practice. Masks that cover the nose, such as snorkel or scuba masks, are **NOT** permitted. However a pair of goggles with a nose clip attached to the strap is acceptable

### WHEN YOU ARRIVE

- You may enter the Aquatic Center 15 minutes in advance of each day's class - please arrive no earlier than 2:40 pm on Saturdays.
- Sign in with the Attendant at the Aquatics Reception Desk. It's a plain looking desk but sign in as an Instructor / Volunteer. A list of participants will be printed so just sign next to your name. If your name is not there fill your name at the bottom and it will add it for the following weeks.
- Proceed to the locker room to change and secure your belongings. Enter the pool area to assist in setting up the boats and gear. You **MUST** also sign in the waiver/attendance sheet at the **START OF EACH SESSION**. Sign is done on the pool side. Essentially you sign in twice, once at the front desk and then a second time once you get pool side. This is done each day.
- All participants are supposed to shower prior to entering the pool, which is quite different from showing before you enter the pool.
- **YOU MUST BRING YOUR COMPLETED PAPERWORK ON THE FIRST DAY.**

# New York Community Kayak Program Fall 2017/ Winter 2018



## **OUR SPONSORS AND SUPPORTERS**

Equipment and monetary support has been provided by numerous clubs and individuals. We thank our past sponsors and look forward to their ongoing support - we can't do it without them! Please join us in recognizing their effort.

- **Gowanus Dredgers Canoe Club & Owen Foote:** for generously providing insurance last season and sponsoring the program yet again this season
- **Long Island City Community Boathouse and the Gowanus Dredgers:** for the loan of paddles and PFDs
- **Andy Laiosa:** for the use of various small kayaks suitable to our program;
- **Jerry Blackstone and Lee Reiser:** for the use of kayaks, skirts, pumps, paddle floats and other miscellaneous equipment.

## **STILL HAVE QUESTIONS?**

Please send an email to Audrey Jackson, Program Coordinator [aud1958@hotmail.com](mailto:aud1958@hotmail.com) or  
Head Instructor, Lee Reiser [Lee060@earthlink.net](mailto:Lee060@earthlink.net).

## **READY TO VOLUNTEER?**

1. Print out and complete the forms: Volunteer Information, Program Rules (the emergency info form is optional but recommended).
2. Bring your paperwork to your first class.
3. Email the program coordinator with any questions or concerns.

**New York Community Kayak Program  
Fall 2017/ Winter 2018**



**Volunteer Information** (Complete one form for each Participant)

Name \_\_\_\_\_ Email \_\_\_\_\_

ACA Membership # (if applicable) \_\_\_\_\_

Describe your kayak experience \_\_\_\_\_

Please list your kayak certifications (none required) \_\_\_\_\_

Kayak Club Affiliations (if applicable) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you have any special goals or concerns? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# New York Community Kayak Program Fall 2017/ Winter 2018



## Program Rules & Code of Conduct (Complete one form for each Participant)

1. All Instructors and Volunteers must present their Program Identification Card and sign in at Aquatics Center Reception.
2. Everyone must obey the Lifeguards and Pool Staff at all times and treat staff with courtesy and respect.
3. All Instructors and Volunteers agree to adhere to pool rules at all times, including but not limited to: no walking or standing on the bulkhead, no diving, no running, no standing in boats, no paddle fights or rough play.
4. No bags are permitted on the pool deck; bring a lock and secure your belongings in the locker room.
5. Only aquatic apparel is permitted in the pool; cutoffs, t-shirts and other non-aquatic wear is not allowed.
6. Street shoes cannot be worn in the pool area. Only footwear that has never been worn on the street is permitted (we recommend flip flops or bare feet).
7. Goggles, nose plugs and ear plugs are allowed. Full face masks that cover the nose are not permitted.
8. Canoes, floating donuts, rafts, and etcetera are not permitted in the pool.
9. Swimming is not allowed in the kayak area at any time.
10. Any child younger than 18 years must be accompanied by an adult at all times, the accompanying adult must be in pool attire and be present on the pool deck.
11. Volunteers agree to take direction and follow guidance from instructors and other experienced volunteers.
12. Life Vests must be worn at all times in the pool as required by our insurance.
13. Kayaks are to be launched from the west end of the pool only.
15. Kayaks must never be left unattended in the water.
16. Instructors and Volunteers agree to stay and teach from 4 - 6 **PM** in return for their training time. Please let us know the day before or ASAP if you would like to leave early and reminders are also welcome.
17. Instructors and Volunteers must be out of the pool and on deck at 4 **PM** to greet public students.
18. Instructors and Volunteers agree to work with the public student(s) assigned to them and understand that students (especially minors) are **not to be left unattended** at anytime. If you require a break transfer your student to the supervision of another volunteer.
19. Only ACA Skill Level I will be taught to the public students.
20. No paddling of submerged or nearly submerged kayaks, bring it to the west wall to empty it.
21. While practicing rolls during training time a volunteer must have another volunteer or Instructor spotting them.
22. Additional rules may be enacted by management and Program Directors as they see fit. Non compliance may result in non participation of the program

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

# IN CASE OF EMERGENCY

Date Completed: \_\_\_\_\_

I Name (First and Last):			
I Home Address:			
Local Address:			
I Age:		I Birth Year:	
I Primary Language:		I Organ Donor:	
I am wearing: (circle those that apply, cross out those that do not apply)			
Contact Lenses	Prescription Eyeglasses	Dentures/Removal Bridge	Hearing Aids

Use the spaces below to record the name, telephone number, type of connection (Work, Home, Cell, Pager) and what type of relationship each contact person holds to you.

Contact person	Telephone Number	Type	Relationship
----------------	------------------	------	--------------

My Physician is	Telephone Number	Insurance	ID #
-----------------	------------------	-----------	------

You can use the area below to list any medical information (medications, implants, allergies, etc.) you feel emergency medical personnel needs to know before attempting to provide you aid. List the exact name (be careful to accurately copy spelling!) and dosage of each medication.

## Medical Information

List allergies, medication, medical conditions, implants or other relevant information:

BY USING THIS FORM, YOU AGREE THAT YOU HAVE READ, UNDERSTAND AND ACCEPT ALL POLICIES, TERMS, LIMITATIONS AND CONDITIONS OUTLINED ON THE POLICIES & TERMS PAGE OF THE INCASEOFEMERGENCY.COM WEBSITE, INCLUDING THE LIMITATION OF LIABILITY.