

WILLAMETTE KAYAK AND CANOE CLUB'S 11TH ANNUAL

SAFETY WEEKEND

JUNE 13-14, 2009

FISHERMEN'S BEND CAMPGROUND
NORTH SANTIAM RIVER

Learn and relearn the basics of what it takes to keep yourself and your paddling partners safe on the river!

Safety Weekend is a two-day introduction to swift-water safety and rescue. Topics include: warm-up and stretching exercises, pin and entrapment extraction, mechanical advantage and Z-drag systems, knots, throwbags and ropes, and swift water swimming techniques.



Sign Up Now!

If not for your sake, then for that day you have a friend who's in need of help!

Limit – 40 people

Registration Fee: \$75 (includes camping, food and instruction). \$60 early-bird by 5/22/09
For registration materials: safetyweekend09@yahoo.com or call Al or Vicki at 541-687-5720