



The eskimo roll is without a doubt the most important self-rescue maneuver in whitewater kayaking. Bes

Tentative Dates * :

1st event: February 21; 2nd event: June 13; 3rd event: September 26 (Year of 2014)

* Because the location of the course is public and its use is dependent on several entities, the above dates are prone to modification. Nonetheless CCABP will do its best to follow the Tentative schedule.

Course logistics:

Location – Piscinas Municipais de Arouca

Duration – 4 hours

Schedule – from 14h00 to 18h00

Minimum number of students – 4

Maximum number of students – 10

Price for students with own gear – 35 euros

Price for CCABP members with own gear – 30 euros

Full rental gear from CCABP – 10 euros (attention, the number of kits is limited)

Course topics:

This course is primarily practical. We will present and train the most common types of eskimo rolls.

Contacts and registration:

Daniel Afonso (email ccabp.formacao@gmail.com)

Note: Registration should be made to the previous email. Upon registration, we will send a confirmation email and require payment via wire transfer. Details will be provided then. Confirmation of payment will be required on the first day of the activity.