

March Member's Meeting at the Kayak Centre

Getting to know RICKA

History of RICKA

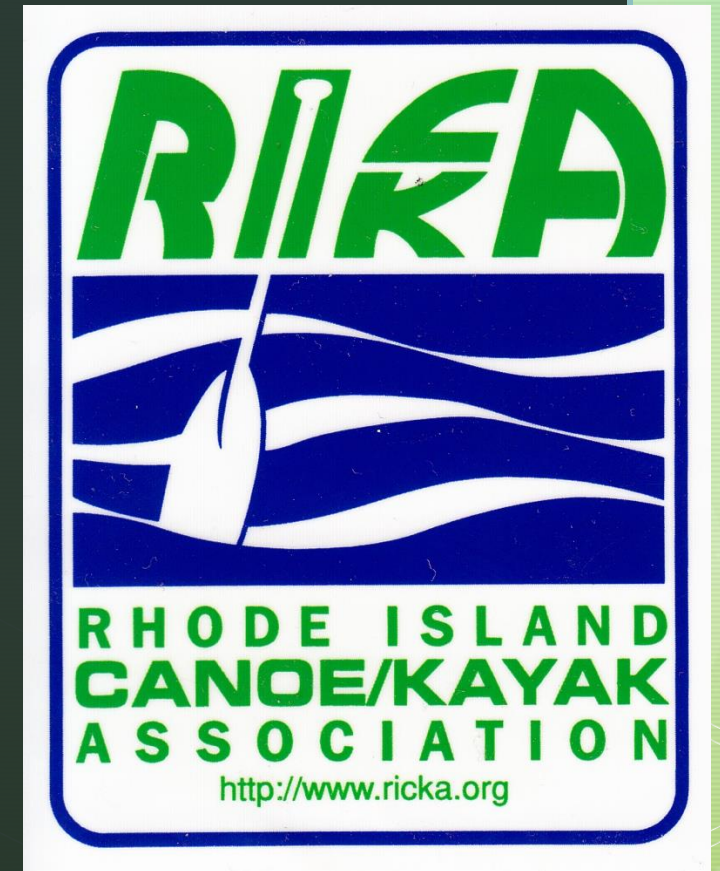
- RICKA was founded in 1977 as the Rhode Island Canoe Association. We are now in our 48th year.
- From the start, RICKA has always had a focus on safety. PFD's have always been required on all trips.
- In the early years, RICKA had Flatwater, Whitewater and Competition/Racing groups.
- In 1989 the Sea Kayak group was added.
- In 1992 the name was changed to Rhode Island Canoe & Kayak Association
- In 2013 the Wilderness Tripping group was added.



Original Logo

RICKA Today

- Today, RICKA is the oldest and largest paddle sport club in RI, and one of the largest in New England.
- RICKA has four active interest groups – Flatwater, Sea Kayak, Whitewater and Wilderness.
- These groups often overlap and many members paddle regularly with all four groups.
- We also have an affiliated club the Blackstone Valley Paddle Club that we run in a partnership with the Blackstone River Valley National Heritage Corridor.



1992 Logo

What do we do?

- Trips – lots of trips
- Training
- Communication
- Community Outreach

Flatwater



Sea Kayak



Whitewater



Wilderness



What do you need to join us?

- Boat – canoe or kayak
- Paddle
- PFD
- Clothes appropriate for the conditions
- Rack to transport your boat
- A desire to have fun!

Flatwater



Sea Kayak



Whitewater



Wilderness



We encourage you to become a member

- Membership year starts on April 1st
- Membership includes the entire family
- Dues support our many activities
- Annual dues are:
 - RICKA only - \$15.
 - RICKA and BVPC - \$25
- Join at:
 - <https://form.jotform.com/222016371376148>



Join the Fun at:
<https://form.jotform.com/222016371376148>



Flatwater



Flatwater

What is the RICKA Flatwater group?

- The Flatwater group is the largest of RICKA's four practice groups.
- The Flatwater group runs trips most weekends from late spring through fall.



Wickford Harbor

Flatwater

What types of trips do you do?

- The flatwater group does a little bit of everything
- Trips range from lakes and ponds, to rivers, to protected open water
- Many trips are open to all boats and any skill level.



Point Judith Pond

Flatwater

How do I find out about trips?

- Trips are posted in the Flatwater Calendar.
 - <https://www.ricka.org/FWCalendar.html>
- You can also sign up for flatwater and BVPC trip notification emails.
 - Contact stonefoxfarm@juno.com
- Off-season and ad-hoc trips are posted in the Flatwater message board.
 - <https://members.boardhost.com/FLATWATER/>



Pawcatuck River

Flatwater

How do I join a trip?

- Most flatwater trips are “show and go” requiring no advanced notice.
- Simply arrive at the time indicated and enjoy the trip.
- More difficult trips will require an RSVP
- Cancellations or modifications will be posted in the message board
 - <https://members.boardhost.com/FLATWATER/>



Pawtuxet River

Flatwater

What should I do to prepare for a trip?

- Paddlers should research the trip in advance to make sure that it is right for them.
- The trip leader will post basic information such as the length of the trip, the equipment that is needed, and the hazards that might be encountered.
- New paddlers should start with short, easy trips before attempting longer, more difficult ones.



Blackstone River

Flatwater

What will happen when I get to the put-in?

- Please arrive for the trip on-time, and bring the right equipment.
- Paddlers should wait on-shore or near-by on the water for the trip leader to give a brief safety talk, and take a head count of paddlers.
- The trip leader may also need to assign a lead boat and a sweep boat.



Switch Road Access – Wood River

Flatwater

What will happen on the water?

- On the water, all paddlers are expected to stay with the group at all times.
- Always paddle behind the lead boat, and in front of the sweep boat if one has been assigned.
- If you need to leave the group for any reason, please notify the trip leader.
- At the take out, please do not leave the parking lot until the trip leader has taken a final head count.



Providence River

Flatwater

Do you offer training?

- The RICKA Flatwater group occasionally holds flatwater training for new paddlers.
- In these classes, paddlers learn the basic strokes and maneuvers to control their boats on flatwater.
- Watch the website and Paddler for details.



Ninigret Pond



Sea Kayak

Sea Kayak

What is the RICKA Sea Kayak group?

- The RICKA Sea Kayak group is specifically focused on kayaking in coastal environments.



Crossing the East Passage

Sea Kayak

What types of trips do you do?

- Sea Kayak trips range in difficulty from easy protected coves and bays to long open water crossings to rock gardening and surfing.
- RICKA does not assign ratings to paddlers. We assign difficulty levels to our trips.
- A trip's rating is designed to be a guide to help you judge if you have the skills to participate in a trip.



Open water off Jamestown

Sea Kayak Trip Levels

Level 1: No previous kayak experience required.

Level 2: Participants should be able to:

- Paddle 6 miles in a day.
- Perform a wet exit.
- Perform an assisted deep-water rescue.
- Maintain a heading for short distances without the use of a rudder.
- Turn a kayak using forward and reverse sweep strokes.

Level 3: Participants should be able to:

- Perform skills listed under Level 2.
- Paddle 12 miles in a day.
- Control a kayak in 15-knot winds.
- Feel comfortable in 2-3 foot waves.
- Handle surf and beach landings.

Level 4: Participants should be able to:

- Perform the skills listed under Level 3.
- Paddle 15 miles in a day.
- Control a kayak in 20-knot winds.
- Handle large ocean swells.
- Handle currents.

Level 5: Participants should be able to:

- Perform the skills listed under Level 4.
- Paddle 20+ miles in a day.
- Control a kayak in 25-knot winds.

Sea Kayak

How do I know if a trip is right for me?

- You should assess your comfort level for participating in the trip based on the difficulty level, the forecasted conditions, your skill and experience, and your comfort with the other participants in the group.
- Each participant in the group trip shares the responsibility for the safety and enjoyment of the entire group.



Bonnet Shores

Sea Kayak

How do I find out about trips?

- From June through September, trips are posted on the trip calendar on our website.
 - <https://www.rickaseakayaking.org/forum2/calendar.php>
- Off-season, “show & go” trips are posted on the message board.
 - <https://www.rickaseakayaking.org/forum2/forumdisplay.php?fid=3>
- Cancellations or changes will be posted on the message board before 8:00 a.m.



The Dumplings in Jamestown

Sea Kayak

What equipment do I need?

- Sea Kayak - 15 feet or longer with front and rear floatation and perimeter lines on the deck
- Coast Guard approved PFD
- Spray skirt
- Paddle
- Paddle float/bilge pump/tow belt
- Helmet (for surfing or rock gardening)
- Appropriate clothing for the conditions



Dog Beach on Point Judith Pond

Sea Kayak

What about Personal Gear?

- We also recommend that you bring drinking water, food, sunscreen, a change of clothes, a knife and a compass.
- For sunset or night paddles, a headlamp and coast guard approved navigation lights are also required. It is also a good idea to bring an emergency strobe light.



Kings Beach in Newport

Sea Kayak

What about cold water trips?

- When the water is cold hypothermia is a serious danger.
- Submersion in cold water dramatically reduces a paddler's ability to assist in their own rescue.
- In cold-water conditions, we required that all paddlers wear a dry suit with fleece or polypro underneath, a hat or neoprene hood to protect the head, and neoprene gloves or poggies to protect the hands.



Rescue practice at Mackerel Cove

Sea Kayak

What will happen when I get to the put-in?

- Please arrive for the trip on-time, and bring the right equipment.
- Team-up with others to get boats and gear down to the water.
- Wait on-shore or near-by on the water for the trip leader to give a brief safety talk, and take a head count of paddlers.



Mount Hope Bridge

Sea Kayak

What will happen on the water?

- On the water, all paddlers are expected to stay with the group at all times.
- Long crossings are done in a pod, and the group stays together during play sessions.
- If you need to leave the group for any reason, please notify the trip leader.
- At the take out, please help other paddlers get their gear up to the cars.



Plum Beach Light

Sea Kayak

Do you offer training?

- The RICKA Sea Kayak group occasionally holds training for new and experienced paddlers.
- Training ranges from basic strokes to more advanced techniques like rock gardening, surfing and advanced rescues.
- Watch the website and Paddler for details.



Fort Wetherill



Whitewater



Whitewater

What is the RICKA Whitewater group?

- The Whitewater group is the smallest of RICKA's four interest groups.
- We paddle whitewater rivers and streams across New England.



Fife Brook section of the Deerfield River (MA)

Whitewater

What is a whitewater trip?

- Whitewater trips are designated according to difficulty of the rapids
- Our trips range from easy class I trips which are open to any experienced RICKA paddler, to extremely difficult class IV trips which are open to experienced whitewater paddlers only.
- A whitewater trip usually takes place on a single section of a river that happens to have the desired level of difficulty.



Otter Brook (NH)

AMC River Ratings

- **Flatwater** - There is little or no current - paddling upstream is easy.
- **Quickwater** - The river moves fast, but is generally smooth.
- **Class I** - Fast moving water with riffles and small waves, but few obstructions.
- **Class II** - Straightforward rapids with wide, clear channels that are evident without scouting.
- **Class III** - Rapids with high, irregular waves and narrow passages requiring complex maneuvering in fast current.
- **Class IV** - Large, unavoidable waves and holes or constricted passages requiring fast and demanding maneuvers under pressure.

Whitewater

How do I find out about trips?

- On occasion, RICKA Whitewater trips are posted on the trip calendar on our website.
 - <https://ricka.org/WWschedule.html>
- More often, they are posted as "bootleg" trips on the club's message board.
 - https://members.boardhost.com/RI_Whitewater/
- Most RICKA members also paddle with other whitewater groups such as the AMC, MVP, PPCS.



Salmon River (CT)

Whitewater

How do I join a trip?

- Official RICKA Whitewater trips are always RSVP trips.
- Contact the leader via email or at the phone number listed.
- Most “bootleg” trips are “show and go” requiring no advanced notice other than confirmation on the message board.



Knightville Section of the Westfield River (MA)

Whitewater

What equipment do I need?

- Whitewater kayak (or canoe) with floatation
- Spray skirt
- Paddle
- PFD
- Helmet



Scantic River (CT)

Whitewater

What about clothing?

- Whitewater paddling is definitely a water sport, and you should expect to get wet.
- Since the whitewater paddling season begins early in the spring, cold water paddling gear is required.



West River (VT)

Whitewater

What will happen when I get to the put-in?

- Please arrive for the trip on-time, and bring the right equipment.
- Unload your gear and get ready to shuttle cars.
- After the shuttle, paddlers should wait on-shore or near-by on the water for the trip leader to give a brief safety talk.
- The trip leader may also need to assign a lead boat and a sweep boat.



Getting ready to launch

Whitewater

Running the Shuttle

Drivers move their cars from the put-in to the take-out (or vice versa) - following the leader and staying together.

Everyone then comes back to the put-in in as few cars as possible.

Make sure you have all your gear. Offer to drive your car back to the put-in.



Running the shuttle on the West River (VT)

Whitewater

What will happen on the water?

- On the water, all paddlers are expected to stay with the group at all times.
- You should always paddle behind the lead boat, and in front of the sweep boat if one has been assigned.
- Individual rapids are run one at a time, and everyone stays together when the groups stops at play spots



Tarriffville Gorge – Farmington River (CT)

Whitewater

At the take-out

- Help other paddlers get their gear up to the cars.
- If your car stays at the take-out, offer to drive the shuttle drivers back to the put-in as soon as the trip ends.



At the take out of the Lower Millers (MA)



Wilderness



Wilderness

What is the RICKA Wilderness group?

- The Wilderness group is the newest of RICKA's four interest groups.
- The Wilderness group organizes trips that involve paddling, camping and other wilderness skills.



Churchill Lake in the Allagash

Wilderness

What types of trips do you do?

- Wilderness trips run the gamut from easy overnight trips on rivers like the Pawcatuck, to weeklong excursions in the Adirondacks, the North Maine Woods or Northern Forest Canoe Trail.



Saranac Lake in the Adirondacks

Wilderness

What experience do I need?

- It depends on the trip. Some trips are open to all paddlers and require a minimum of camping experience.
- Other trips are limited to small groups of experienced paddlers, capable of multi-day trips in a variety of paddling conditions.



An Autumn morning on the Connecticut River

Wilderness

How do I find out about trips?

- On occasion, RICKA Wilderness trips are posted on the trip calendar on our website.
 - <https://ricka.org/Wilderness>
- More often, they are posted as "bootleg" trips on the Flatwater message board.
 - <https://members.boardhost.com/FLATWATER/>
- Wilderness trips are always RSVP trips.



Sunrise on Long Pond in the Adirondacks

Wilderness

What equipment do you need:

- Paddling – boat, paddle, PFD
- Camping – tent, sleeping gear, tarp
- Cooking – stove, pots/pans/utensils, food
- Personal – cloths, poop kit, toiletries
- Safety/Rescue – navigation, communication, rescue
- Use a checklist to make sure you don't forget anything.



Packing up gear for a trip

Wilderness

What about clothes?

- Wilderness paddling is a water sport, so you should plan to get wet.
- You will also need enough clothes for the days you are out, including comfortable shoes for camp.
- You will a few heavier items that can be worn in layers if the weather turns cold,.
- Don't forget your rain gear just in case.



Setting up camp at the Burlingame Canoe Campsites

Wilderness

What will I eat?

- On trips where portages are few and weight is not an issue, we may bring coolers filled with fresh food and arrange group meals.
- On trips with long and frequent portages every ounce counts. For these trips most of the food will be freeze dried and everyone will arrange their own meals.



Fried fish for supper

Wilderness

What do you do in an emergency?

- For multi-day trips, especially in areas outside of cell phone coverage, the trip leader may require signing an acknowledgement-of-risk document.
- Participants will also need to provide emergency contacts as well as share medical or physical limitations so that the leader can be prepared in case of an emergency.



Settling off for a trip on the Norther Forest Canoe Trail

Wilderness

Do you offer training?

- We occasionally offer “Are You Ready” overnight camping trips for new campers.
- Watch the website and the Paddler for details.



Loaded up for another day on the water



Join us this year!

