



PADDLING SCHOOL PARENT HANDBOOK

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GREETINGS!

Learning to paddle whitewater rivers takes commitment, but kayaking lessons with NOC's celebrated Paddling School accelerates the learning process. Voted "Best Place to Learn" by Outside, NOC has taught more paddlers than anyone else, with 50+ years of experience going into every class. Our diverse instruction team focuses on your personal goals and shows you the pleasures of paddling whitewater. Our location on the Nantahala River in North Carolina offers quick access to the Southeast's best whitewater rivers for learning and skill development.

Kayak Summer Camps have been a favorite of NOC guests since 1980! Our elite instructors provide summer campers with top-level whitewater kayaking lessons and equipment to learn with, while maintaining a supportive and fun environment on the water. Camps are great for beginner to advanced kayakers, as paddlers are grouped by kayaking experience level, so no whitewater experience is required. Parents will have daily access to NOC's Instruction Team for progress updates or just to check in if this is your paddler's first time away from home. Give your young paddlers a reason to unplug and advance their skills this summer at NOC!

Our Paddling School team maintains instruction certifications from the American Canoe Association. Each member is also certified in Wilderness First Aid or above through NOC's own SOLO Southeast Wilderness Medicine program. We take our job both on and off the water seriously, especially when it comes to your kids, which is why each Paddling School team member also goes through SafeSport™ training.

We look forward to introducing or furthering your child's skills in whitewater kayaking.

SAMPLE ITINERARY

Summer Day Camps

Activities and times are subject to change, and will be communicated if parent involvement will be affected. Rivers are chosen based off of skill and water levels.

MON	8:30 AM	Check-In at Paddling School
	9:00 AM	Skills Assessment at Fontana Lake
	12:00 PM	Lunch
	1:00 PM	Travel to Area Rivers
	4:30 PM	Return to NOC – Campers Picked Up
TUE	8:30 AM	Check-In at Paddling School
	9:00 AM	Paddling Instruction on Area Rivers
	4:30 PM	Return to NOC – Campers Picked Up
WED	8:30 AM	Check-In at Paddling School
	9:00 AM	Paddling Instruction on Area Rivers
	4:30 PM	Return to NOC – Campers Picked Up
THU	8:30 AM	Check-In at Paddling School
	9:00 AM	Paddling Instruction on Area Rivers
	4:30 PM	Return to NOC – Campers Picked Up
FRI	8:30 AM	Check-In at Paddling School
	9:00 AM	Family Fun Friday Begins!
	1:00 PM	Lunch & Closing Ceremonies
	2-3 PM	Camp Ends – Campers Picked Up

SAMPLE ITINERARY

Advanced Teen Day Camps

Activities and times are subject to change, and will be communicated if parent involvement will be affected. Rivers are chosen based off of skill and water levels.

MON	8:30 AM	Check-In at Paddling School
	9:30 AM	Paddler Assessment on the Nantahala River
	12:00 PM	Lunch
	1:00 PM	Laps at Nantahala Falls and in the 2013 World Championship Feature
	4:30 PM	Campers Picked Up
TUE	8:30 AM	Check-In at Paddling School
	9:00 AM	Travel to French Broad River
	4:30 PM	Return to NOC – Campers Picked Up
WED	8:30 AM	Check-In at Paddling School
	9:00 AM	Travel to Pigeon River
	4:30 PM	Return to NOC – Campers Picked Up
THU	8:30 AM	Check-In at Paddling School
	9:00 AM	Travel to Chattooga River
	4:30 PM	Return to NOC – Campers Picked Up
FRI	8:30 AM	Check-In at Paddling School
	9:00 AM	Travel to Ocoee River
	4:30 PM	Return to NOC – Campers Picked Up

SAMPLE ITINERARY

Advanced Teen Travel Camps

Activities and times are subject to change, and will be communicated if parent involvement will be affected. Rivers are chosen based off of skill and water levels.

SUN	3–4 PM	Check-In at Paddling School
	4:00 PM	Gear Up and Hit the Water for Warm-Up and Skill Assessment
	6:30 PM	Dinner at Relia's Garden
	9:00 PM	Lodging at NOC for the Night
MON	8:00 AM	Breakfast at Relia's Garden
	8:45 AM	Week Overview, Class III+ River Safety Instruction: Knot Tying, Rope Throws, Swiftwater Rescue, Communication
	6:00 PM	Dinner at Relia's Garden
	7:15 PM	Evening Activity and Lodging at NOC for the Night
TUE	8:00 AM	Pack Up, Breakfast, Hit the Road
	8:30 AM	Paddling Instruction on Pigeon River
	7:00 PM	Arrive and Set Up Campsite
	7:30 PM	Camp-Side Dinner
WED	8:00 AM	Camp-Side Breakfast
	9:00 AM	Paddling Instruction on Pigeon River
	4:00 PM	Travel to NOC's Main Campus
	6:30 PM	Dinner at Relia's Garden and Lodging at NOC
THU	8:00 AM	Pack Up, Breakfast, Hit the Road
	9:00 AM	Paddling Instruction on Ocoee River
	7:00 PM	Set Up Campground
	7:30 PM	Camp-Side Dinner
FRI	8:30 AM	Camp-Side Breakfast
	9:00 AM	Paddling Instruction on Ocoee River
	1:00 PM	Load Up for Return to NOC
	3:00 PM	Return to NOC – Campers Picked Up

MEAL INFORMATION

Summer Day Camp and Advanced Teen Day Camp participants will have individually-packaged lunches provided daily with choice of ham, turkey, hummus, or chicken caesar wraps or sunbutter & jelly sandwich, chips, and cookie.

Advanced Teen campers will enjoy meals from Relia's Garden when they are lodging on-campus, and will eat at local restaurants or cook at the campsite when on the road.

COMMUNICATION INFORMATION

NOC's Main Campus has guest Wi-Fi available in most areas. Cell service is also good, depending on the service provider. At check-in, parents will be provided with contact information specific to that week in case you need to reach one of the instructors directly.

Please refer to the Code of Conduct for additional information on electronic devices.

LODGING INFORMATION

While lodging is not offered with our Summer Kayak Camps and Advanced Teen Day Camp, NOC does have several different types of lodging available for families to book while in the area with our kayak campers. From mountain cabins to simple, rustic Basecamp housing, we are happy to discuss options with you. Participants of our Paddling School programs receive a discount on NOC lodging during their course. We also have many local lodging partners that we can refer you to as well.

Advanced Teen Travel Camp participants will spend their first couple of nights at NOC's main campus in either Cabin or Basecamp lodging. This camp will also spend two nights on the road in campgrounds near the areas we will be paddling. Exact campground information will be decided before each camp session, and details will be given upon check-in.

FAMILY FUN FRIDAY

Family Fun Friday is for participants in our Summer Camp*. We invite family members to join us so that your paddlers can show off their new skills, eat lunch and celebrate the week’s accomplishments.

We’ll paddle a four-mile section of the Nantahala from Ferebee Park to NOC. Family members that have their own equipment and intermediate skills is Class III whitewater with a combat roll are welcome to paddle along with the group. For those unable to paddle, you can follow the group by car. We will start at Ferebee Park, and there are several pull-off points that offer great photo opportunities as we make our way down river.

Lunch will be served after paddling, and is included for your camper and two family members. Additional family members are welcome to join us for lunch by making reservations in advance. For those unable to join us on the river, but would like to attend lunch can meet at the picnic area near Photo Finish/Adventure Center between 12:45-1:15 p.m. The afternoon will conclude with a short awards ceremony.

For lunch reservations, contact **Jae Jackson** at **828.488.7288** no later than 4:00 p.m. the Wednesday before your paddler’s Family Fun Friday session. Let us know if you will be paddling your own craft on the river trip.

**Family Fun Friday is not a part of Advanced Teen Camps. This day will end between 2 and 3 PM.*

RIVER INFORMATION

Our location on the banks of the Nantahala River is the perfect launching point to other amazing rivers in the Southeast. Campers will paddle rivers based on the instructor’s assessment of individual skills, daily time availability, and water levels among other factors. Below is a list of the rivers that we could possibly paddle on during the camps. We will not paddle all of them, and choices will vary by session.

North Carolina		Tennessee	Georgia
Nantahala River	Oconaluftee River	Hiwassee River	Chattooga River*
Little Tennessee River	French Broad River*	Pigeon River*	Cartecay River
Tuckaseegee Gorge		Ocoee River*	

**Advanced Teen Camps*

PACKING LIST

NOC provides boats, paddles, helmets, personal flotation devices, spray skirts, gear bags, paddling jacket, wetsuits, and booties. Campers are welcome to use their own gear, although we have an assortment of the latest models from Pyranha, Dagger, and Jackson Kayak to try out.

All Campers Must Bring:

- ☐ Signed Paperwork
 - NOC Assumption of Risk & Waiver
 - Participant Info/Medical Form
 - Code of Conduct
- ☐ Shorts and Swimwear
- ☐ Water Shoes/Sandals/Old Sneakers
- ☐ Synthetic T-shirt(s)
- ☐ Sunscreen and Lip Balm
- ☐ Towel
- ☐ Reusable Water Bottle
- ☐ Change of Clothing and Personal Items
Please label all personal items with name

Additional Packing for Advanced Teen Travel Camp:

- ☐ Sleeping Bag, or Sheets and Blankets
- ☐ Tent and Sleeping Pad
- ☐ Pillow
- ☐ Tennis Shoes or Close-Toed Shoes
- ☐ Rain Jacket
- ☐ Band-Aids or Tape
- ☐ Clothing and Toiletries for a Week
- ☐ Flash Light
- ☐ Extra Spending Money
- ☐ Light Fleece Hoodie or Pullover
- ☐ Synthetic Long Underwear*
**Bring if cold-natured*

Optional Items:

Nose clips, sunglasses, eyeglass strap, hat or visor, ear plugs (if sensitive to water), snacks.

FORGET SOMETHING?

The Outfitter's Store is a two-story gear shop with an incredible selection outdoor of equipment, apparel, and accessories. From high-performance kayaks to the latest trail shoes, we carry top brands and innovative gear. You'll receive a coupon for the Outfitter's Store upon check-in.

CANCELLATION & REFUND POLICY

We operate rain or shine. If you cancel or decrease your numbers, the following applies.
To review NOC’s complete Booking and Cancellation Policies,
visit noc.com/booking-terms-conditions/.

Notice	Refund
30+ days before course date	Full refund minus a 10% cancellation fee
29–14 days before course date	Full reservation voucher* minus a 10% cancellation fee
13–0 days before course date	No refund or voucher extended

*Reservation vouchers are valid one year from activity date

PARTICIPANT RESPONSIBILITIES

Adventuring outdoors is exciting and rewarding. It is one of the reasons so many people are attracted to outdoor recreation. **HOWEVER, THERE ARE INHERENT RISKS AND DANGERS THAT EXIST THAT CANNOT BE CONTROLLED OR REMOVED.** Some of those risks include encounters with wildlife, changing weather, hot and cold environments, changing water levels, objects under the surface of the water like wood and rocks, strong currents, uneven and slippery terrain, falling objects like trees and branches, and many other hazards that can neither be removed nor controlled. Nantahala Outdoor Center works very hard to set some of the highest standards in our industry for guide training, risk management, and safety. **HOWEVER, NO ONE, INCLUDING THE NANTAHALA OUTDOOR CENTER, CAN PROMISE OR GUARANTEE THAT PARTICIPANTS WILL BE PROTECTED FROM ALL RISKS AND DANGERS. EVEN WHEN REASONABLE DECISIONS ARE MADE BY ALL PARTIES INVOLVED, RISKS AND DANGERS EXIST THAT CAN RESULT IN SERIOUS INJURY OR DEATH.**

By voluntarily participating in these activities, you are doing so with the knowledge that these and many other dangers are present, many of which cannot be controlled or removed, and that you are assuming these risks.

For more detailed information, please visit noc.com/booking-terms-conditions/.

REQUIRED CAMP PARTICIPANT FORMS

The forms below are required to be filled out for each participant in our program. If able, please print these forms and fill them out in advance and bring them with you to check-in. Otherwise, we will have blank forms to fill out when you arrive.

Nantahala Outdoor Center Release of Liability & Waiver

(This can be filled out online by accessing the Client Terminal from your confirmation e-mail)

Minor Participant Information and Medical Release

Minor Participant Medication Form

Summer Camp Code of Conduct

DIRECTIONS



★ NANTAHALA OUTDOOR CENTER

**13077 Hwy 19 W
Bryson City, NC 28713**

Driving on winding mountain roads can take up to twice as long as normal travel time, and mileage can be deceptive!

Please refer to pages 2-4 for exact check-in time of your camp program.

From Asheville, NC *approximately 80 miles*

Take I-40 W toward Knoxville, TN. Take Exit 27 onto US 74 W (Great Smoky Mountains Expressway) toward Waynesville/Clyde. After 48 miles (past Bryson City), the highway narrows to two lanes. Continue straight on US 74 four more miles until you see the river and a bridge on your right, and cross the bridge.

To Paddling School:

Immediately after crossing the bridge, turn left. The Paddling School is in the building on your right with the covered porch.

DIRECTIONS

From West Atlanta, GA *approximately 150 miles*

Take I-75 N to I-575 N, which becomes State Hwy 5, which in turn becomes Hwy 76.

Stay with this road until just past Blue Ridge, GA, and then turn left onto Hwy 60 to Mineral Bluff, GA.

In Mineral Bluff, turn right onto Hwy 60 Spur and follow it into North Carolina to US 74 E, turning right toward Murphy and Andrews. NOC is located 20 miles east of Andrews, NC.

Follow the river for the last 8 miles. Cross the bridge just past the NOC Outfitter's Store on the left.

To Paddling School:

Immediately after crossing the bridge, turn left. The Paddling School is in the building on your right with the covered porch.

From East Atlanta, GA *approximately 175 miles*

Take I-85N to I-985N. At Gainesville, GA take 365N to 441N.

Near Dillsboro, NC Hwy 441 will funnel into US 74. Take 74 W toward Bryson City.

After 22 miles on US 74 (past Bryson City), the highway narrows to two lanes.

Continue straight on US 74 for 4.3 miles until you see the river and a bridge on your right, and cross the bridge.

To Paddling School:

Immediately after crossing the bridge, turn left. The Paddling School is in the building on your right with the covered porch.

From Chattanooga, TN *approximately 130 miles*

Take I-75N toward Cleveland, TN. Take exit 20 onto US 64 Bypass East. Go 6 miles.

Take Ocoee Exit US 64 E towards Ocoee/Murphy, NC. At Murphy the road number changes to US 74.

Stay on US 74 E. NOC is 20 miles east of Andrews, NC. Follow the river for the last 8 miles.

Cross the bridge just past the NOC Outfitter's Store on the left.

To Paddling School:

Immediately after crossing the bridge, turn left. The Paddling School is in the building on your right with the covered porch.

NOC CAMPUS MAP

★ NOC ADVENTURE CENTER

CHECK IN FOR ALL ACTIVITIES HERE

- 2 Big Wesser Riverside Pub
- 3 The Back Porch at Big Wesser
- 4 Slow Joe's Donut Bus
- 5 Switchback Taps / Photo Finish
- 6 River's End Restaurant
- 7 Outfitter's Store
- 8 General Store
- 9 Paddling School
- 10 Fontana Lake Launch Area
- 11 Zip Line Adventure Park

- 12 Mountaintop Zip Line Tour
- 13 Platform Tents, Car & Van Camping
- 14 Stonehouse
- 15 Relia's Garden Group Dining – 1st Floor
SOLO Wilderness Medicine – 2nd Floor
- 16 Trailside Cabins
- 17 Kleinrath Hall Classroom
- 18 Dogwood Lodge
- 19 The Hemlocks by NOC
- 20 Basecamp



RIVER FEATURES

- 21 Concrete Beach
- 21 Nantahala Falls
- 22 Falls Viewing Platform
- 24 NOC Raft Take Out
- 25 Big Wesser Falls
- 26 Wesser Creek Falls
- Restrooms
- Appalachian Trail
- Great Smoky Mountains Railroad
- Walkways
- Trails



Please be aware that this map does not represent changes in topography.
Much of our property is steep and may be challenging to walk.