

### Welcome!

Our 10 day Professional Guide Training Course is a fast-paced, active class designed to train prospective commercial river guides. While the emphasis of the school will be on rowing and paddling in high-gradient, technical rivers and on conducting multi-day, wilderness river trips, all aspects of guiding will be covered including river rescue, equipment maintenance, risk management, leadership, and emergency procedures as well as on-shore training in cooking, sanitation, trip planning and logistics.

The course will be highly participatory and students will assume roles of increasing responsibility as the school progresses. Throughout the course, students will play a major role in the organization and execution of trip responsibilities including planning each day's meals, itinerary, and activities. There will also be managed scenarios where students' judgment and reactions will be assessed and reviewed. Every day will be a challenge and an adventure and loads of fun. Come prepared to pitch in, jump in, and do your share of the work. We have found that the students who put the most into their workshop are the ones who get the most out of it and are usually the ones who end up working for us. Upon completion of the workshop, students should have the experience and skills needed to be Assistant Guides on ARTA's commercial trips.

### Meeting Time and Place:

All students will meet at 8:00 pm **the evening before the trip begins** on the terrace between the Holiday Inn Express and the Best Western Inn Grants Pass in Grants Pass, Oregon. At the pre-trip meeting your instructors will distribute dry bags, go over final logistics and answer any questions.

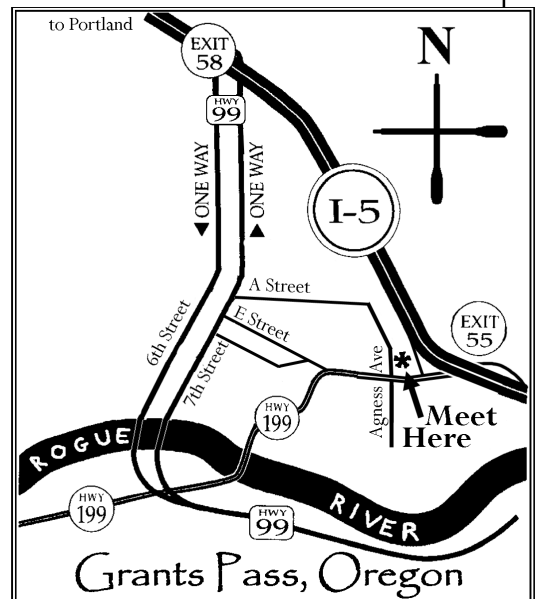
### Transportation/Directions:

**Driving:** Grants Pass is located on Interstate 5 about 55 miles north of the Oregon-California border; 6-7 hours from San Francisco, and 12-14 hours from Los Angeles. To get to the meeting place, take the South Grants Pass exit, (#55), and head west towards town on Grants Pass Parkway. Take the first right onto Agness Ave. and the motels will be on your right.

**Flying:** United, American and Horizon/Alaska Airlines serve Medford, Oregon, about 30 miles southeast of Grants Pass. For transportation from the Medford airport to Grants Pass, contact Galice Resort, 541/476-3818 or High Country Shuttles at 888-203-8502. Due to potential delays, we do not recommend flying out of Medford the evening the trip ends.

### Accommodations/Camping:

Accommodations for both before and after the trip are good at either the Holiday Inn Express (800/838-7666 or 541/471-6144) or the Best Western Inn Grants Pass (800-553-7666 or 541/476-1117). Reservations should be made well in advance. There are other less expensive motels nearby, including a Motel 6, (541/474-1331), and the Redwood Motel (888/535-8824). There are also several campgrounds in the area, including Indian Mary, 20 miles north of Grants Pass off of Merlin Road.



### Itinerary:

**Day 1:** We will meet at the motel and be transported by van to the Klamath (2 hours) where we will rig the rafts and launch on the river. Fun Class III rapids will highlight the day and get us warmed up. Camping will be at an undeveloped site along the river.

**Day 2:** We will continue downriver working on ferrying and eddy-catching. Dragon's Tooth rapid will provide the day's excitement. Again, we will camp along the river.

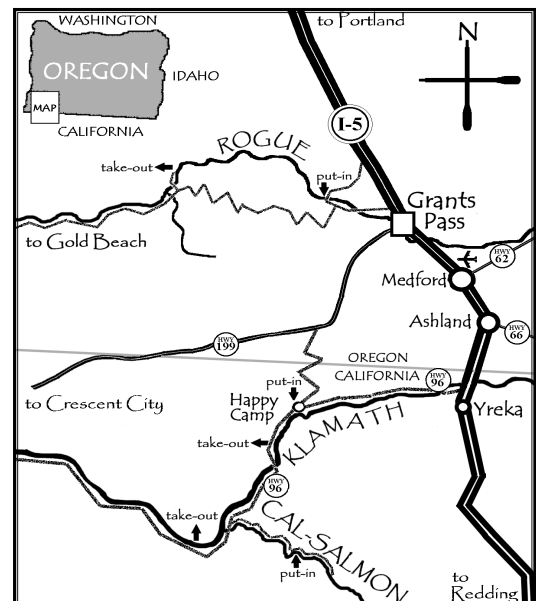
**Days 3 - 4:** We will run various stretches of the Cal-Salmon, choosing runs that are appropriate for our skills and camping at a base camp. The rafts will be light and more lively and there will be plenty of excitement in the Cal-Salmon's technical rapids.

**Day 5:** We will do some dry-land exercises in subjects from boat patching to leadership before driving to Grants Pass for Rogue preparations. We will plan a 5 day trip menu for the group, buy and pack food, transfer gear, and camp at our facility in Grants Pass.

**Days 6 - 9:** We will float 40 miles of the Rogue River, camping at wilderness sites along the way. Practice in rowing heavy oar rafts will be supplemented by more instruction in rescue, camp and safety skills. Major rapids such as Tyee, Wildcat, Mule Creek Canyon, and Blossom Bar are spread throughout the trip.

**Day 10:** We will float the last few miles on the Rogue and arrive at our take-out point in mid-afternoon. After a complete take-out and clean-up we will have a celebration dinner and graduation ceremony at a local restaurant.

**After the school:** We are looking for interesting, hard-working people to work for us as guides and this course is a primary source. Most students will be given the opportunity to join ARTA as an Assistant Guide (unpaid position), to further their training and prepare for a guiding career.



## Being Prepared & Personal Equipment

Whitewater School weather is notoriously inclement, (we call it character-building). Your comfort during the school will be greatly enhanced if you come prepared.

### DO NOT SKIMP ON THE EQUIPMENT LIST!

Because the river is extremely cold, and because you will be spending both planned and unplanned time in it, we require that all students have the following:

- Wetsuit** ("farmer-john" is best, a "spring suit/shorty" will work)
- Thick synthetic fleece top**, (at least one)
- Sturdy waterproof rainshell**, (padding jacket or good rainshell)

A "farmer-john" wetsuit covers the torso and legs but is sleeveless, allowing good shoulder movement; 3mm thickness is ideal. Synthetic fleece garments retain their insulation even when wet and are perfect for river wear. One or two pile or fleece sweaters, jackets or expedition weight long underwear tops, (such as those made by Patagonia, REI and the North Face - commonly called Polartec or Polarfleece) are advised. A waterproof rainshell or padding jacket will keep you dry on the river and in camp if it rains - make sure it is waterproof, not just water-repellant. Also, polypropylene pile or fleece socks, (not cotton!), and a pile or fleece hat will help keep you warm on really cold days and a good pair of cycling gloves, (fingerless with leather palms), will help protect your hands from blistering.

You will be spending 10 days outside, in the river, rain, and sun and your comfort and enjoyment of the school will be greatly enhanced if you are properly prepared. If you have any questions, please call; your equipment is a critical part of the success of your school.

### Equipment Rentals:

Farmer-John wetsuits (\$50), sleep kits (bag, liner, ground cloth, and pad, \$40), and tents (\$50) are available to rent from ARTA. Please reserve in advance using your Guest Information Sheet.

### Is this course for you?

This course is designed for active, enthusiastic and dynamic individuals who want a challenging, action-packed adventure. You don't need to be a world-class athlete but couch potatoes should definitely stay home. If you are the type of person who is first to get in line to wash dishes and last in line to get out of the surf, the course is for you. Some students come to the school with a lifetime of camping and rafting under their belts, others have never been in a boat before; all have succeeded (with no correlation). A positive attitude and solid work ethic are the most important things you can bring to the school.

### Descriptions of Rivers:

The 10 day Professional Guide Training Course will take place on the Klamath, Cal-Salmon and Rogue Rivers.

**The Klamath** is a wide, low-gradient river with numerous straightforward Class II and III rapids (and one notoriously difficult Class IV rapid); perfect for getting started and comfortable in the rafts. **The Cal-Salmon** is a technical, steep river with lots of challenging Class III and IV rapids. Because it is road accessible, we will be able to select appropriate stretches and use light rafts. The school will conclude with a trip down **the Rogue**, one of the premier wilderness rivers in the west with beautiful scenery, challenging rapids and lots of wildlife. We will have fully-loaded oar rafts which will give us a good sense of commercial loads and challenges. The stretches of river that we will run are designed to increase in difficulty as your skill level increases and may change due to flows or safety concerns.

### Scholarships:

ARTA has a limited number of scholarships available for this course. Applications are available through the main office or on-line and should be returned well in advance of the school.



CLASS I



CLASS II



CLASS III



CLASS IV



CLASS V



CLASS VI



UNRUNNABLE

## Personal Equipment List

- CAMP ITEMS:** These will be packed in your dunnage bag or left in camp and will not be available during the day.
- Sleeping bag, (down or synthetic, rated to 30°)
  - Closed-cell foam or self-inflating sleeping pad, (ensolite or Thermarest)
  - Lightweight tent, (free-standing is better), and/or tarp or ground cloth
  - 2-3 complete changes of clothing including underwear and socks, (versatile pants and shirts, cotton is fine, synthetic fleece is better)
  - Camp shoes, (walking/running/cross-training shoes, comfortable enough to walk and hike in)
  - Towel and biodegradable soap and shampoo
  - Personal hygiene items, medicine (twice the amount needed), insect repellent, skin lotion, etc.
  - Warm jacket, (thick fleece is great - will work on-river as well - or durable coat)
  - Rain gear, top and bottom, (can double as on river gear)
  - Flashlight with extra batteries (headlamps are great)

- RIVER ITEMS:** These will be worn or taken on the river
- 2 - 3 wetsuits or shorts and T-shirts, (nylon quick-drying shorts are best)
  - Athletic sandals with heel strap or tennis shoes & fleece socks or hard-soled wetsuit booties  
**(NO FLIP-FLOPS OR SLIP-ONS)**
  - Wetsuit, 3mm Farmer John, (**required**)
  - Polypropylene pile or fleece top, (**required**)
  - Waterproof rainshell, (**required**) and rainpants
  - Polypropylene pile or fleece pants (encouraged)
  - Brimmed hat, (baseball caps work well)
  - Long-sleeved shirt for sun protection (cotton ok)
  - Waterproof sunscreen/block (SPF 25), lip balm
  - Sunglasses with strap, (maybe not your best)
  - Small water bottle, 1 quart, (**required** - even if its just an empty plastic Gatorade bottle)
  - Cycling gloves, fingerless

### OPTIONAL ITEMS:

- Camera
- Small daypack, "dry bag", or ammunition box
- Book, sketch pad, journal, etc.
- Musical instrument or game you enjoy sharing