

### Welcome!

Our 9 day Professional Guide Training Course is a fast-paced, active class designed to train commercial river guides. The course is highly participatory and you should come prepared to pitch in, jump in, and do your share of the work.

While the emphasis of the school will be on rowing and paddling in low-volume, high-gradient, technical rivers, all aspects of commercial guiding will be covered, including training in river rescue, equipment maintenance, risk management, and emergency procedures as well as on-shore training in cooking, sanitation, and logistics. There will also be managed scenarios where your skills, judgment and responses will be assessed and reviewed, as well as team events, games, skills challenges and other fun activities to help hone your guiding and leadership skills. The rapids and the student responsibilities will increase in difficulty as the school progresses, making every day a challenge, an adventure and loads of fun.

Upon completion of the course, students should have the experience and skills necessary to qualify to be Assistant Guides on ARTA's commercial trips.

### Meeting Time and Place:

All students will meet the ARTA instructors at 8:00 PM **the evening before the school begins** at Camp Lotus which is located along the South Fork of the American River near the town of Lotus. Camping will be provided that night at Camp Lotus.

### Transportation:

**Driving:** Most students arrive at Camp Lotus by car. Driving time is 2 to 3 hours from the Bay Area and about 7 to 8 hours from Los Angeles.

**From Sacramento:** Take Highway 50 east 30 miles to the Ponderosa Road exit in Shingle Springs. Cross over the Highway and turn right onto North Shingle Road. Continue for 12 miles following the signs to Coloma and Lotus. At Bassi Road, (stop sign, just before entering the town of Lotus), turn left and go one mile to Camp Lotus on the right; meet your instructors at the ARTA sign in the parking lot.

**From Placerville:** Take Highway 49 north through the Gold Discovery State Park. Turn left on Lotus Road, (just before the bridge across the South Fork) and go 1 mile to Bassi Road, (stop sign). Turn right on Bassi Road and go 1 mile to Camp Lotus.

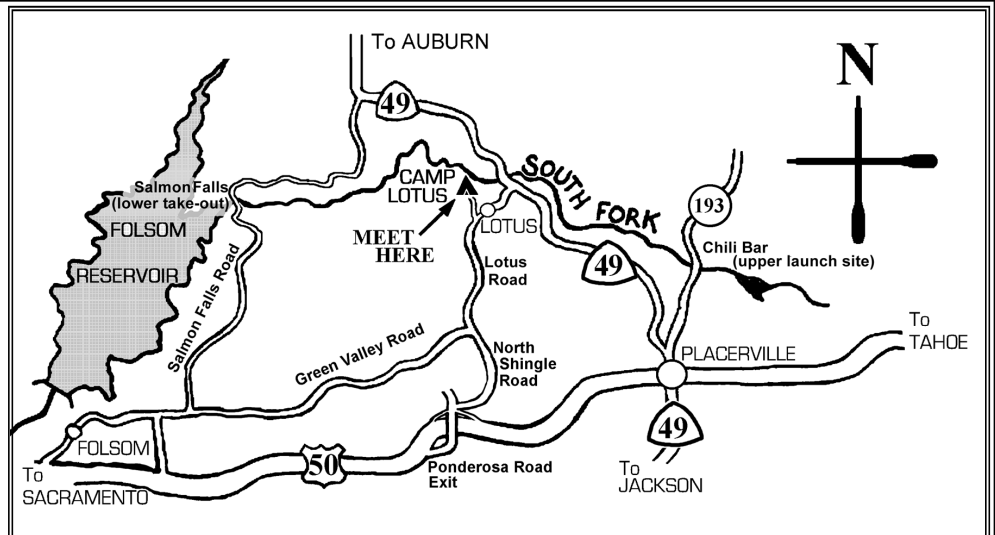
**Flying:** The nearest commercial airport to Camp Lotus is Sacramento. For transportation from the Sacramento Airport to Camp Lotus you can rent a car or pre-arrange an airport shuttle through Mountain Express (530/626-5500). Please call our office if you plan on using public transportation so that we can assist you in getting to and from Camp Lotus.

**During the school:** On the evening of day 5 we will car caravan to our facility in Groveland (3 hour drive from Camp Lotus). If you do not have a vehicle, we will be able to accommodate you in one of ours.

### Itinerary (proposed - subject to water levels):

**Pre-Trip Meeting (8:00 pm the evening before the school begins):** We will have an orientation and familiarization meeting at Camp Lotus to go over logistics, discuss expectations and get to know each other. We will set up our Camp Lotus Base Camp and establish cook crews for the school (no dinner provided on the first evening).

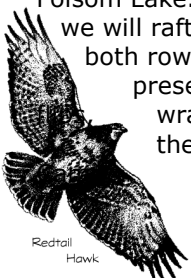
**Days 1 - 5:** We will spend the first five days rafting various stretches of the South Fork between Chili Bar and Folsom Lake. Depending on dam releases and skill levels we will raft 10 - 20 miles each day, concentrating on both rowing and paddle techniques. Each day will present new challenges as we incorporate swims, wraps and other situations into the course. On the evening of day 5 we will car caravan from Lotus to the ARTA facility in Groveland, (3 hours) to prepare for the Tuolumne.



**Days 6-7:** We will raft the Tuolumne River from Meral's Pool to Ward's Ferry Bridge, camping along the river. The rapids on the Tuolumne are much more challenging than the American and instructors may guide some of them as demonstration opportunities. We will take out in the early afternoon of Day 7 and caravan back to the South Fork.

**Days 8-9:** We return to the South Fork for a "final exam" and a chance to make peace with any demon rapids from the first part of the school. The course will conclude in the late afternoon of day 9.

**After the school:** We are looking for dynamic, 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 on a commercial trip as an Assistant Guide (unpaid position), to further their training and prepare them for a guiding career. Generally, each qualified student will be scheduled for a week of Assistant Guide work sometime during the early summer.



Redtail Hawk

## 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 9 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 9 day Professional Guide Training Course will take place on the South Fork of the American and Tuolumne Rivers. The South Fork is a Class III river with lots of medium-sized, fun rapids spread over a 20 mile stretch. We will spend the first 5 days of the school here, using Camp Lotus as our base camp and running between 10 and 20 miles of river each day. At least one night will be spent at a wilderness camp along the river, giving us experience rowing heavier oar rafts and setting up and breaking down a wilderness camp kitchen. After a thorough introduction we will transfer to the Tuolumne where we will encounter numerous longer and more challenging rapids as well as a more remote and inaccessible canyon. 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)
  - Flashlight with extra batteries (headlamps are great)

- RIVER ITEMS:** These will be worn or taken on the river
- Wetsuit, 3mm Farmer John\*, (**required**)
  - Polypropylene pile or fleece top, (**required**)
  - Waterproof rainshell, (**required**) and rainpants
  - 2 - 3 swimsuits 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**)
  - 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

\*These items are available for rent from ARTA.