



Trip Leader Whitewater Training



Dates: March 16th, 18th—27th 2017

Locations: WWU Outdoor Center, Arne Hanna, Skagit River, Sauk River, Wenatchee River

Price: Free for current trip leaders

Pre-Trip Meeting: March 16th, 2017 6-8pm @ OC

Whitewater Rafting (Skagit, Sauk, Wenatchee Rivers)

The Skagit River head waters reach up into the Canadian Cascades leading to Ross Lake in the North Cascades National Park. The primary tributaries include Cascade River, Sauk River, and Baker River. The upper portion of the Skagit River is dam controlled with a series of 3 dams that make up the Seattle City Light Project. Nearly 90% of all electricity in Seattle is provided from the hydroelectricity generated from the Gorge, Diablo, and Ross dams. There are 2 primary rafting trips that we guide on the Skagit River. Section I is up upper section which is rated II-III+ depending on the current level. This section begins at Goodell Creek Campground on HWY 20 (MP119.4) and finishes at MP 111.7 on HWY 20 at MPS Road 213. The second section that we utilize is the eagle float section. Section II, the lower section is rated I-II for normal flows. This section begins in Marblemount at the 90 degree turn across the bridge instead of continuing on the highway (RM 78.2). The takeout for this section is in Rockport at Howard Miller Steelhead Park.

The Sauk River is one of the primary tributaries into the Skagit River. In 1890 prospectors exploring north from the Skykomish River basin made discoveries leading to the mining boom at Monte Cristo near the source of the North Fork Sauk River. The difficulty of access from the south led to the 1891 construction of a narrow wagon road along the Sauk River. The Sauk wagon road ran from Sauk City on the Skagit River to the mines at Monte Cristo. A key stop on this road was the trading post at Orient, at the forks of the Sauk River. Today this area is known as Bedal. Today the Mountain Loop Highway follows part of the Sauk River more or less along the route of the old wagon road. The primary rafting trip that we guide on the Sauk is rated III+ depending on the current levels. Average running range is between 1000-8000 CFS. This section begins at the White Chuck Boat Launch. Heading south from Darrington HWY 20 meets with N. Sauk River Rd at (MP 44.9) Under the bridge on river left there is a large boat launch area. The takeout that we use is Backman County Park. From WCBL head north to MP 52.1 to Clear Creek Rd. This takeout is easy to miss if you're not paying close attention!

The Wenatchee River lays on the Eastern crest of the Cascades running through the towns of Leavenworth, Cashmere, and Wenatchee. The water from the Wenatchee is primarily used for irrigation of the nearby orchards. The Wenatchee River eventually leads into the Columbia River just North of the town of Wenatchee. The section that we generally guide is rated III depending on current levels. Average running range is between 2,500-20,000 CFS. This section begins in Leavenworth and finishes at Riverside Park in Cashmere.

Personal Preparation

For our whitewater training we do not expect students to come in with a high level of boating knowledge/skill. This will be a fully comprehensive training that will allow for framing, skills development, reflection, and a final assessment of skills learned over the course of 9 days both on and off the river.

With that said, we will want to ensure that everyone is coming in ready to learn. The outcomes will be strongly dependent on the amount of energy you all put into our days in and out of the class. The days will be long so preparing yourself for this will help ensure that you are able to make the most out of each day.

Transportation

All transportation will be provided by the Outdoor Center. We will be taking both of the Outdoor Center's Expeditions to all river sites. Given the poor weather we have been having this year and our desired learning outcomes we have decided to return to Bellingham most nights giving people the chance to dry out and stay warm each night. With that said we will expect everyone to be on time each morning as we will depend on one another to ensure we are making the most of our days.

Weather

During this time of year, the weather can vary from sunny and warm (60 degrees no wind) to cold and stormy (40 degrees and rainy). Currently the daily temperature is ranging from 35-50 degrees with a chance of precipitation daily. While we cannot control the conditions we can control our comfort. Please ensure you are including everything on the gear list to ensure your comfort throughout the day.

Camping/Accommodations

The only night that we will be camping will be on Saturday March 25th. This will be the student planned overnight trip on the Wenatchee River. Outside of this night we will be staying in Bellingham nightly to ensure everyone is best set up to learn the most possible. Given we will be home each night, expect and plan for long days.

Food

All lunches for this training will be covered. There will be a mix of deli sandwich makings, PBJ, fruits, veggies, and snacks for lunch. With that said you all know yourselves the best. You will want to plan on brining your own snacks to suffice you between meals while on the river. For personal water bottles it is best to have them on a locking carabineer for safety purposes which will be reviewed prior to heading onto the river. It will be your responsibility to eat breakfast before and plan your own dinners after each day.

Leave No Trace

All Outdoor Center Excursions promote Leave No Trace principles. With Excursions we offer several trips throughout the year which has a high impact in the environments that we are entering. While we are in the field this means that we will actively be practicing all LNT principles that apply to our groups.

Plan Ahead and Preparer
Travel and Camp on Durable Surfaces
Dispose of Waste Properly
Leave What You Find
Minimize Campfire Impacts
Respect Wildlife
Be Considerate of Other Visitors

Expedition Behavior

Expedition behavior means taking care of yourself and other group members. It means staying hydrated, not unnecessarily endangering yourself, and communicating concerns to trip leaders. Characteristics such as respectfulness, flexibility, tolerance of others, courtesy, direct communication, self-awareness, and teamwork become critical when traveling in small groups in remote areas. Proper expedition behavior can be the difference between an average experience and a great one!

Smoking, Alcohol, and Illegal Substances

Excursions is a substance free program. The use of any drugs or alcohol on the trip can compromise the safety and experience for the entire group. We have a no tolerance policy for drugs and alcohol on our trips. Any person found to be in breach of this policy will be subject to university consequences and/or criminal charges depending on the circumstances.

What is provided by the Outdoor Center

All transportation, and group equipment is provided by the Outdoor Center. However, we highly recommend that you have all your personal equipment marked in some form so it does not get mixed in with anyone else's stuff. Again, group dinner will also be provided on Saturday night. It is always a good idea to bring some cash of your own for any snacks or last minute items that you may need on the way down!

Resources

These are not required to purchase, but will be referred to often. It is highly recommended each student have their own copy to add notes to and read in order to keep the information fresh after the class is complete. The NOLS River Rescue is also great book to continue your education in Swift water Rescue. Besides, they are not nearly as expensive as most of your other text books. Copies will be available for use during the class, but not one for each student.

- [The Complete Whitewater Rafter](#) by Jeff Bennett
- [NOLS River Rescue](#) By Nate Ostis

- NOAA Weather
- American Whitewater Association Web Page
- [WA State RCW 79A.60.400](#)
- [Safety Code of American Whitewater](#)

Trip Leader contact information

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Trip Leader WW Rafting Training Itinerary

Thursday, March 16th (Outdoor Center)

6pm

- Introductions
- Student Expectations/Hopes & Fears
- Instructor Expectations
- Class Environment (Norms)
- Waiver/Medical
- Paddling Environment
- Gear List Review
- Gear Issuing

8pm

- Closing

Saturday, March 18th (Outdoor Center)

9am

- Meet at Outdoor Center
- History
- Medical Issues
- Personal Prep

10am

- Equipment

11am

- Throw Bags

12-1pm

- Lunch

1pm

- Throw Bags (outside)

2pm

- Boating Terminology

3pm

- Raft Rigging

4pm

- TL Responsibilities

5pm

- Getting to River

Sunday, October 22nd (Outdoor Center/Arne Hanna)

9am

- Arrive at outdoor Center
- Safety Talk & Paddle Talk

10am

- Load/Shuttle/Lunch

11am

- Arrive at Arne Hanna
- Paddle Strokes
- Calm water maneuvers
- Flip drills
- Throw bags

2pm

- Load/Shuttle back to WWU

3pm

- River Running

4pm

- Getting on the River

Monday, March 20th (Outdoor Center/Skagit River)

6am

- Load and Shuttle to Goodell

8am

- Arrive Skagit Upper Section II/III

9am

- Getting on the River
- Safety Talk
- Paddle Talk

10am

- River Running
- Calm Water Maneuvers
- Ferry Angles

12pm

- Lunch/Shuttle

1pm

- Skagit Eagle Float Section II

2pm

- River Running
- Calm Water Maneuvers
- Ferry Angles

8pm

- Return to Campus
- Re-Stow all gear

Tuesday, March 21st (On Campus)

9am

- Meet in VU 460
- Debrief Skagit Day

10am

- Safety and Rescue

12pm

- Lunch

1pm

- Hazards & Hydrology

2pm

- Hydrology Diorama

3pm

- Safety Talk Skits

4pm

- WWU Trip Planning / Documents / Laws

5pm

- Raft Repair
- Getting to River
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Wednesday, March 22nd (Sauk River)

6am

- Meet at OC-Shuttle to Darrington

8am

- Sauk - Whitechuck III+
- Getting on River
- Safety Talk
- Paddle Talk

10am

- River Running
- Maneuvers
- Ferry Angles

12

- Lunch / Shuttle

1pm

- Sauk - Whitechuck III+

2pm

- Getting on River
- Safety Talk
- Paddle Talk

3pm

- River Running
- Maneuvers
- Ferry Angles

5pm

- Return to Campus
- Re-stow all gear

6pm

- Day End

Thursday, March 23rd (Sauk River)

6am

- Meet at OC-Shuttle to Darrington

8am

- Sauk - Whitechuck III+
- Getting on River
- Safety Talk
- Paddle Talk

10am

- River Running
- Maneuvers
- Ferry Angles

12

- Lunch / Shuttle

1pm

- Sauk - Whitechuck III+

2pm

- Getting on River
- Safety Talk
- Paddle Talk

3pm

- River Running
- Maneuvers
- Ferry Angles

5pm

- Return to Campus
- Re-stow all gear

6pm

- Day End

Friday, March 24th (On Campus)

9am

- Meet VU 460
- Debrief Sauk Days

10am

- Discuss Assessments

11am

- Trip Planning for Students

4pm

- Raft Rigging
- Getting to River

6pm

- Day End

Saturday, March 25th-Sunday, March 26th (Wenatchee River)

- Student Led Trip
- Return Evening of Sunday, March 26th

Monday, March 27th (On Campus)

9am

- Debrief/Gear Cleanup
- Conclusion and Wrap up

11am

- Training Complete!