

Forward

The contents of this manual reflects the rafting course taught in the Adventure Sports program at Garrett College. The materials contained in this manual follow closely the content of the course and represents the evolution of the course over the years. The materials in this manual represent over twenty-five years of instruction.

The manual is designed to complement the American Canoe Association (ACA) Level 4 Rafting (Paddle) instructor's course. An objective in creating this manual was to provide materials that will encourage the teaching of the ACA course. The ACA outline has been synthesized into seven chapters (eight including the teaching materials). An effort has been made to include most of the topic on the outline. The manual is presented on the author's website for instructors who want to augment their courses with the materials.

An effort has been made to represent both east and west rafting. There are some differences. Also, rowing oar rigs is included in the strokes and maneuver sections. This helps to expand the usability of the manual.

Representing the east/west divide and the paddle versus oar rig are Figure 0.1 and Figure 0.2. Representing eastern rivers and paddle craft is the author running in his



Figure 0.1: Powerful Popper – Running R-1, the author is running Power Pop-up on the Upper Youghiogheny in Western Maryland in his Shredder. Source: Limbaugh – [file: \cc4283_56b.jpg]

Power Popper on the Upper Youghiogheny River in Western Maryland in his R-1 Shredder. Representing western rivers and oar rigs is the author entering Zoom Flume in Browns Canyon on the Arkansas River in Colorado.



Figure 0.2: Typical Oar Rig – The typical center mount oar rig of the author entering Zoom Flume on the Arkansas River in Colorado. Source: Commercial Photographer – [file: \BrownsCanyon3157720.jpg].

In its seven chapters, the manual contains over 90 graphics developed by the author. Many of these are new and developed specifically for this manual. Others, like the graphics on river dynamics have evolved over the years and form the basis for the discussion of river dynamics for other publications including the Swiftwater Manual and the Human Kinetic series on Canoeing and Kayaking. The graphics are available on the author's website.

Organizationally, I believe the materials presented in the manual have a good flow. The progression of the manual is as follows. The first chapter involves getting started, including the ACA Course outline. Chapter 2 discusses equipment including rafts and personal equipment. Chapter 3 focuses on river dynamics. Building on this chapter, Chapter 4 introduces strokes and maneuvers for both paddle and oar craft. Safety and Rescue are split. Chapter 5 covers general safety topics. Chapter 6 covers “self-rescue” and “rescue by others in your group” type rescues. Chapter 7 focuses on trip leadership including guiding and trip behavior. Chapter 8 includes teaching materials for the IDW (Instructor’s Development Workshop).

As with any publication, it involves other people. I would like to thank Mike Logsdon, Terry Peterson and Mike Malfaro who have co-taught the course and who have provided considerable input into the materials developed including the basic structure of the course. Also, I would like to thank Mike Logsdon who has provided support for the course over the years. Also, we have worked with countless co-instructors and students on an interim basis.

Robert B. Kauffman, Ph.D.