

Rafting Course Manual (Instructor's Materials)

Table of Contents

Forward
Table of Contents

Chapter 1.0: Getting Started (ACA Syllabus)

- A. ACA Rafting Syllabus – Level 4 (Paddle)
- B. Primer on Waivers
- C. ACA Waiver

Chapter 2.0: Equipment and Repairs

- A. **Types of Rafts**
 - 1. Paddle Raft
 - 2. Oar Rig
 - 3. Cataraft
 - 4. Motorize Rafts
- B. **Anatomy of a Raft**
 - 1. Side View
 - 2. Orientation
 - 3. Oar Frame
 - 4. Parts of a Raft
- C. **Cams Straps and Knots**
 - 1. NRS ® and Cam Straps
 - 2. Bowline
 - 3. Directional Figure Eight Follow-through
- D. **Proper Inflation**
 - 1. Pumping Up the Raft
 - 2. Topping Off the Raft
 - 3. Boyles Law
- E. **Valves**
 - 1. Military Valves
 - 2. Quick Release Valves
- F. **Personal Equipment**
 - 1. Life Jackets
 - 2. Helmet
 - 3. River Knives
 - 4. Carabiners
- G. **Care of Equipment**
- H. **Summary**
- I. **References**

I. Chapter 3: River Dynamics

- A. River Currents
 - 1. River Right and River Left
 - 2. Primary Current
 - 3. Downstream and Upstream “Vs”
 - 4. Bends
 - 5. Chutes and Waves
- B. **River Features**
 - 1. Eddies
 - 2. Hydraulics and Holes
 - 3. Pillows
- C. **River Hazards**
 - 1. Strainers
 - 2. Undercut rocks
 - 3. Low-head Dams
 - 4. Old Man-made Structures
 - 5. Drowning Trap Flows
- D. **Summary**
- E. **References**

Chapter 4: Strokes and Maneuvers

- A. **Concepts and Principles**
 - 1. Parts of a Paddle/Oar
 - 2. The Lever
 - 3. Blade Placement
 - 4. Turning Circle
- B. **Strokes – Paddle**
 - 1. Three Phases of a Stroke
 - 2. Forward Stroke
 - 3. Reverse/Back Stroke
 - 4. Pry/Rudder/Reverse Half-Sweep
 - 5. Draw Stroke
- C. **Strokes – Oar**
 - 1. Phases of Stroke: Oar
 - 2. Forward Stroke
 - 3. Walking the Raft
 - 4. Reverse Stroke
 - 5. Right Turn
 - 6. Left Turn
- D. **River Maneuvers - Paddle**
 - 1. Forward and Back Ferry
 - 2. Eddy Turns
 - 3. Peel Out
 - 4. Setting the Raft Around a Bend
 - 5. Surfing

- E. **River Maneuvers – Oar**
 - 1. Back Ferry from Eddy to Eddy
 - 2. Peel Out Using a Back Ferry
 - 3. Eddy Turn
 - 4. Setting the Raft Around a Bend
- F. **Summary**
- G. **References**

Chapter 5: Safety

- A. **Rescue Curve**
 - 1. Phases of the Rescue Curve
 - 2. Available Resources and the Rescue Curve
 - 3. 911 Syndrome
- B. **Physiology Considerations**
 - 1. Methods of Heat Gain/Loss
 - 2. The Sweating Process
 - 3. Compensatory and Decompensatory
 - 4. Seeking Homeostatus
- C. **Hypothermia**
 - 1. Types of Hypothermia
 - 2. Symptoms
 - 3. Treatment in the Field
 - 4. After-shock
 - 5. Alcohol and Hypothermia
 - 6. H.E.L.P/Huddle
- D. **Hyperthermia**
 - 1. Heat Exhaustion
 - 2. Heat Stroke
- E. **Clothing**
 - 1. 120 Degree Rule
 - 2. Drysuits
 - 3. Wetsuits
 - 4. Paddling Jacket
- F. **Signaling**
 - 1. Universal River Signals
 - 2. Whistles
- G. **Summary**
- H. **References**

Chapter 6: Rescue Techniques

- A. **Search Techniques for Rafters**
 - 1. Search and Rescue Phases
 - 2. Search Techniques Summary
- B. **Safety and Prevention – Throw Bags**
 - 1. Anatomy of a Throw Bag
 - 2. Types of Ropes
 - 3. Stuffing a Throw Bag

- 4. Throwing Throw Bag
- C. **Self-rescue – Swimming**
 - 1. Defensive Swimming
 - 2. Aggressive Swimming
 - 3. Back Ferrying
- D. **Self-rescue – Rafts**
 - 1. High Siding
 - 2. Self-reentry
 - 3. Assisted Reentry
 - 4. Flipping a Raft
- E. **Rescue of Others in Your Group – Wading Rescues**
 - 1. Solo Wading with a Paddle
 - 2. Simple Rope Tether
 - 3. Stabilization Line
- F. **Rescue of Others in Your Group – Raft Rescues**
 - 1. Bumping
 - 2. Unpinning Rafts
 - 3. Mechanical Advantage
 - 4. Rafts as a Rescue Platform
- G. **Potpourri**
 - 1. RETHROG
 - 2. Rescue Priorities
 - 3. Towing a Swimmer/Boat
- H. **Summary**
- I. **References**

Chapter 7: Trip Leadership

- A. **The Experience**
 - 1. Seeking Mastery
 - 2. Adventure Experience Paradigm (AEP)
 - 3. Pseudo 4
 - 4. Roller Coaster Experience
 - 5. Raft Trip from Hell
- B. **Pre-trip Talk**
 - 1. Introduction
 - 2. Experience
 - 3. Life Jackets
 - 4. Paddles
 - 5. Strokes and Commands
 - 6. Rescue/Swimming
 - 7. To the River
- C. **Guide Commands**
 - 1. Train your crew
 - 2. Be directive
 - 3. Simplify your commands
 - 4. Be consistent
 - 5. Call out the strokes
 - 6. Timing Tip

- D. **Group Management**
 - 1. Lead, Sweep and Rover
 - 2. Maintaining Visual Sight
 - 3. Spacing (Figure 7.14)
 - 4. Follow-the-Leader
 - 5. Eddy Hopping
 - 6. Leap Frogging
- E. **Evaluating Water Confidence of Passengers**
 - 1. Ask Them
 - 2. Jump-off Rock or Water Activity
 - 3. Throw Bag Drill
- F. **Seating Arrangements**
- G. **Negligence**
 - 1. Four Components
 - 2. Common Practices
 - 3. Risk Reduction
 - 4. Waivers
- H. **Summary**
- I. **References**

Chapter 8: IDW, Teaching and Learning Processes

- A. Teaching Styles
 - 1. Informal, Semi-fixed Feature and Fixed-feature Space
 - 2. Small Group Lecture/Presentations
 - 3. In Raft Instruction
- B. Discussion (Interactive)
 - 1. Sharing Circle
 - 2. In-raft Instruction
- C. Enjoyment Curve
 - 1. Phase 1: Introduction
 - 2. Phase 2: Increased Enjoyment
 - 3. Phase 3: Peaked Enjoyment
 - 4. Phase 4a: Modify the Activity
 - 5. Phase 4b: "Beating a Dead Horse"
- D. Station Approaches
 - 1. Single and Multiple Single Station
 - 2. Station Approach
 - 3. Moving Station
- E. Types of Learning
 - 1. Concrete Experience (The Doer)
 - 2. Reflective Observation (The Watcher)
 - 3. Abstract Conceptualization (The Thinker)
 - 4. Active Experimentation (The Feeler)
- F. Cover the Subject
 - 1. Sell It
 - 2. Show It
 - 3. Do It
- G. Summary
- H. References

- I. Types of Learners – Learning Style Inventory (hdt-LearningStyleInventory.pdf)
- J. Covering the Subject –
- K. **Teaching assignments** (Note: the following topics are not included in the text)
 - 1. Raft and Equipment
 - a. Parts of a Raft
 - b. Paddle design and terminology
 - c. Life jacket types and fit
 - d. Helmets
 - e. Clothing and Footware suitable for immersion
 - f. Outfitting the raft, securing equipment
 - 2. River Dynamics
 - a. Tongues, upstream and downstream Vs
 - b. Negotiating a bend
 - c. Anatomy of an eddy
 - d. Anatomy of a hole
 - e. Strainers
 - f. Low head dams
 - 3. Responsibilities of Captain
 - a. Distribution of passengers
 - b. Group commands
 - c. Talk-up
 - d. Lifts and Carries
 - e. Launching
 - 4. **Talk-up** (i.e. do your introduction and this component of the talk-up)
 - a. Introduction and equipment (life jackets)
 - b. Introduction and equipment (paddles)
 - c. Introduction, paddle strokes, and commands
 - d. Introduction and rescue/swimming
 - 5. **Conceptual topics**
 - a. Hypothermia
 - b. Hyperthermia (e.g. wetsuits)
 - c. LNT in a rafting environment
 - d. Backpackers count ounces, canoe campers count pounds, and rafters count tons. Consider this in terms of trip planning for a multiple day trip.
 - e. Creating a “roller coaster” experience. Should raft guides have imaginary tracks going down the river?

Appendix A: Examination