

Get Ready for

White Water Rafting Guide School

Thank you for registering for our guide school! Read below for details.

Welcome Potential Guides! We are stoked that you have decided to join us in learning how to guide!

Must sign up for guide school before 1 April 2023

The Basics:

Your guide school leader(s):

Name: Michaëlle Huntley

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Name: Nicholas McDougall

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Name: Bryan Taylor

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Dates

Training is mandatory for all new guides. If you need to miss all or part of a weekend, you MUST make prior arrangements.

Info Meeting 6 Mar: Still on the fence about guide school? Come to this meeting and get all your questions answered.

Week 1 - March 23th, 5:30- 7:30 pm

- First official meeting
- Expectations of guide school
 - ◆ Official Position Description and Benefits
 - ◆ OAP Rules
 - ◆ OAP Boatman Policies
 - ◆ Volunteer Liability
 - ◆ Human Relationship Insurance
- Parts of a raft
- Set up/ tear down of a raft
- Rafting for Guides
- gear checkout
 - ◆ Basic parts of the gear handed out and what they are used for
- Throw bag practice, use and care
- Knots
 - ◆ (Figure 8 on a bite, bowline, clone, no know, trucker's hitch)

Week 2 - March 30th, 5:30-7:30 pm

- How to read the river
- Whitewater classification pt 1
- Pool day
 - ◆ Strokes, Ferry Angles, Commands, flip recovery for Inflatable Kayaks (IKs) and rafts,

April 1st and 2nd Swift Water Certification

- Knots and anchor building
- Whitewater Classification pt 2
- Swiftwater Terminology
- Communications
- Ferry Angle
- Why Keep Your Feet Up?
- Offensive or Aggressive Swimming

→ Hypothermia Wrap

Week 3 - April 6th 5:30- 7:30p

→ Basic CPR and 1st aid

→ **April 8th optional Taos box run (aim for 2 that day) {This is Easter Weekend}**

Week 4 - April 13th 5:30-7:30pm

→ Review day in the pool

- ◆ Strokes, Ferry Angles, Commands, flip recovery for Inflatable Kayaks (IKs) and rafts,

→ Prep for the weekend

→ **April 15th Racecourse (aim for 2 that day)**

Week 5 - Wednesday April 19th 5:30- 7:30pm (ODR is closed that Thursday)

→ review of Knots (Figure 8 on a bite, bowline, clone, no know, trucker's hitch), throw bag practice,

→ Prep for the weekend

→ **April 22nd Racecourse (aim for 2 that day)**

Week 6- April 27th 5:30-7:30pm

→ Leave No Trace (LNT) training

→ Prep for the weekend

→ **April 29th Racecourse (aim for 2 that day)**

Week 7- May 4th 5:30-7:30pm

→ Prep for the weekend

→ Review of anything needed

→ **May 6th and 7th Racecourse (aim for 2 that day)**

- ◆ **Mandatory weekend trip (check off weekend)**

Week 8- May 11th 5:30-7:30pm

→ Prep for the weekend

→ Review of anything needed

→ **Optional May 13th Racecourse (aim for 2 that day)**

- ◆ Optional long weekend (Sat and Sunday) to be involved in Taos's BLM opening weekend festivities in the Taos box.

First Rafting trip of the season will be May 20th

Emails sent out will include additional detail on weekend events.

Meeting Locations & Times (general schedule)

Weekend Prep is usually Thursdays from 5:30 PM -7:30 Load boats/gear for the weekend. Afterwards enjoy any beverages you brought while socializing with your fellow guides and discussing future adventures! This is also your deadline to get the gear you need for the weekend.

Saturdays -

- 6:00 AM, arrive at Outdoor Recreation (8001 Gibson Blvd SE, Albuquerque, NM 87116).
- If you don't leave from ODR meet at Rio Grande Visitor center at 9:15 A.M.
- We will try to be back at ODR no later than 7 PM

Weather Conditions:

Be sure to keep an eye on the weather each weekend to prepare properly. Refer to the recommended gear list provided below. Look for updated weather reports in the link below.

- <https://www.noaa.gov/weather>
- <https://www.accuweather.com/en/us/pilar/87549/daily-weather-forecast/349569>

Water levels:

- https://waterdata.usgs.gov/nm/nwis/current?type=flow&group_key=basin_cd&search_site_no_station_nm=Rio%20Grande
- <https://www.riverapp.net/en> (app for your phone)

What to bring:

Be sure to keep your Base ID card with you in order to get on base efficiently.

Required (*notates what can be rented as part of Guide School)

- Type III or V PFD that fits you properly. *
 - If you're buying a vest, buy a type V because you'll learn swift water, else borrow a type III until you finish swiftwater.
- River knife*
- Whistle*
- Helmet*
- Flip line (2 locking carabineer and 10-12 ft of webbing) *
- One additional **LOCKING** carabineer*
- Adequate cold water rafting apparel, including but not limited to: wetsuit, splash or dry top, fleece layers and shoe/sandals appropriate for rafting
 - Change of clothes
 - Good shoes!

Optional Gear

- Additional **locking** carabiners (non-locking carabiners create entrapment hazards)
- Sunscreen
- Water Ear plugs (e.g. swim ears)
- Dry bag (rec watershed)
- Water bottle with **LOCKING** carabineer
- Dry box for cell phone (as a guide you need a way to contact help)
- Any personal medicine

Camping:

If you need personal camping gear for the overnight weekends, you can get free camping rentals for that weekend. Coolers and stove/pots/pans will also be provided. If you need to rent any equipment, talk to an ODR programmer. Rio Bravo has drinking water. ODR will provide a dinner so please bring sides to share.

**Thank you for being part of Kirtland
Outdoor Recreation Adventure Programs,
we are excited to see you soon!**

**If you have any questions or concerns, please email us or call (505)
846-1499.**