

MARIAH WILDERNESS EXPEDITIONS

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White Water Guide School

April 18-25, 2009, \$650 + 7% River Use Fee

Complete Whitewater training and Certification for Commercial River Guide

This Whitewater Guide School is designed for those wishing to obtain employment as commercial river guides and for private rafters who wish to increase their skills and confidence. Our emphasis is on reading whitewater, learning swift water rescue techniques, river safety, and providing excellent customer service.

Have you always wanted to be a Whitewater River guide? Or, do you want to build up your outdoor leadership skills and confidence on the river? What is a standing wave? What is a bow upstream ferry? Are there common mergansers on the American River? Is there still "gold in them there hills"? What is a "tongue of the rapid"? What do river guides do in the winter? Find the answers to these and many other questions at Mariah Wilderness Expeditions' own Gold Country "Campus" during our 2006 guide school. Have fun in the outdoors, meet new people, develop new career skills – all in eight days.

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| Anatomy of the river – reading the rapids | Whitewater paddling techniques |
| Teamwork and leadership skills | River etiquette guidelines |
| Safety on the river – hand signals | Problems, emergencies, advanced river rescues |
| Boating gear and equipment | Knots and riggings |
| Commercial river operations | Natural and the local history of the river |
| Customer service – safety talks and guide "chatter" | Meal Preparation |
| Life of a river guide | Required guide equipment |
| | Job requirements |

The course is conducted by several of the Mariah Wilderness Expeditions' top core guides who have been professionally training new guides for many years. Basic instruction will be given at Mariah's campground on the South Fork American River, one hour east of Sacramento in the Sierra foothills. The South Fork is 21 miles in length and has over 50 rapids, each offering a unique learning opportunity. It is considered the best river in California on which to develop skills. If water level permits we will also raft on the North Fork, and the Middle Fork. Each participant will receive a Guide School Handbook, a skill evaluation, and a Certificate of Completion.

The course includes instruction, river equipment, wet suit, meals beginning with breakfast on April 19 through lunch on April 26, camping April 18-25, and a 4:1 student/teacher ratio. Bring your tent and sleeping bag.

April 18: Meet at camp 8 A.M.
April 25: Graduation Ceremony mid-afternoon. You will be ready to leave by 5 P.

GUIDE SCHOOL ENROLLMENT

Please complete the information below and send to Mariah Wilderness Expeditions with your deposit of \$100. Balance is due 45 days prior to your course. On the first day of class you receive the Guide School Handbook.

Name _____

Age_____ Height_____ Weight_____ Phone (____) _____ Email _____

Address _____ City _____ St ____ Zip _____

Previous rafting and water-sports experience: rivers, amount of river time

Reason for wanting to participate in whitewater guide school

Special Diet, Vegetarian? Please let the office know ahead of time.