

This course is designed for people who want to learn river rafting skills and who have an interest in guiding white water rafting. This intensive 4 day courses teach paddle rafting and oar rafting skills in moderate white water. The first two days of the course we spend on the Nanaimo or Cowichan Rivers. These days are used as an introduction to rafting, and students will learn the safety principles of rafting, and how to move a raft on moving water. The next two days we spend on the Nimpkish River. We have the option of doing a raft supported overnight trip on the Nimpkish (depending on student interest and ability levels). This is a multi-day river trip and is a great introduction to raft supported expedition style trips. Over the two days spent on the Nimpkish River trip, students will learn new skills and build on the skills gained in the previous two days. Participants will receive a VIU certificate of participation certifying skills passed during the course. Please contact Don Cohen at 753-3245 local 2480 or e-mail don.cohen@viu.ca for further details about raft guide certification.

This course will start at 8:30 am and will finish at 5:00 pm with some evening lectures. Over the 5 day course participants will be exposed to the following topics:

- Rafting and related safety and rescue equipment
- River hydrology and river feature identification
- Raft transportation and trailer use
- Paddle raft and oar raft river navigation skills and techniques
- The use of log books as a tool for guides and rafters
- Critical incident management on rivers
- Group safety and rescue practice, flip drills, and swimming in moving water
- Leadership and group management on the river
- Environmental interpretation as it relates to raft guiding

This rafting course is a perfect place to learn the basics of river rafting and the principles of raft guiding. Even if you don't have a desire to raft guide commercially, this course will be enjoyable and informative for an individual who is interested in experiencing the excitement of river rafting. Vancouver Island University provides all rafting equipment, some camping equipment and transportation.

Cost: \$300 + GST Current VIU students
 \$600 + GST Non-Students
Register at the VIU Gymnasium (Building 190). Deadline is one week prior to start of course.



What to bring?

***If you need more information, please contact
Don Cohen at 753-3245 local 2480 or Matt Kellow at 250-740-6306***

Students should bring the following with them for day trips:

- Warm cloths for before and after the river run
- This includes a fleece type jacket
- Rain jacket
- Toque
- Water bottle
- Sunscreen
- Swimsuit
- Towel
- Lunch and snacks for the day
- Wetsuit booties (if you have any)
- Full wetsuit (if you have your own and would like to use it)

For the overnight section of the course bring what you can of the following itemized list and all items in **bold**:

- Tent**
- Sleeping bag**
- Sleeping pad**
- Pillow**
- Small tarp, with rope
- Rainwear, jacket and pants**
- Plastic waterproof bags (garbage or lawn bags), dry bags if you have any**
- Pants, shirts, sweater, of wool, nylon, or fleece**
- Undershirt and shorts**
- Wool or pile hat, toque**
- Socks**
- Shorts**
- Comfortable lightweight runners**
- Full wetsuit,
- Baseball cap, or sun hat**
- Sunglasses**
- Sunscreen**
- Toothbrush; toothpaste, biodegradable soap, small towel, toilet paper**
- Cup, bowl, spoon, water bottle**
- Flash light, or headlamp**
- Food for the road trip, this will be discussed in more detail on the course**
- Stove
- Cooking equipment, pots and pans**
- Candles or Coleman type, lantern
- Any personal paddling gear you have and want to use on course, please bring it
- Pen and paper for some note taking, and handouts**

For the first day of the course please meet at building 190 (gym) on VIU's Nanaimo campus at 8:30am

***If you need more information, please contact
Don Cohen at 753-3245 local 2480 or Matt Kellow at 250-740-6306***