

**MARIAH WILDERNESS EXPEDITIONS**

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**White Water Guide School**

**May 21-26, 2016, \$575 includes 8% River Use Fee**

**Whitewater training and Certification for Commercial River Guide or just have fun for 6 days!**

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 guide school.

- Anatomy of the river – reading the rapids**      **Whitewater paddling techniques**
- Teamwork and leadership skills**      **River etiquette guidelines**      **Knots and riggings**
- Safety on the river – hand signals**      **Problems, emergencies, advanced river rescues**
- Boating gear and equipment**      **Required guide equipment**      **Meal Preparation**
- Commercial river operations**      **Natural and the local history of the river**
- Customer service – safety talks and guide "chatter";**      **Life of a river guide;**      **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 (upon successful completion of the course).

The course includes instruction, river equipment, meals beginning with lunch May 21 through lunch on May 26, camping May 20 through May 25, and a 4-5:1 student/teacher ratio. Bring your tent and sleeping bag or you may rent a tent, pad, and sleeping bag from us for \$25 each for the week. Bring your own wet suit or rent wet suit and booties from us for \$25 for the week. Bring snacks for each day. You are on your own for dinner May 20 (Friday) and breakfast May 21 (Saturday).

In addition, you will need CPR & First Aid certification (you can obtain these online). Swift Water Rescue certification is required for all 2nd-year guides. You will learn more about this during guide school.

**May 21 (Saturday): Meet at camp, in the kitchen at 9:00AM for course orientation.**

**May 26 (Thursday): Graduation Ceremony mid- late-afternoon. You will be ready to leave by 4:00PM.**

**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.**