



ROGUE RIVER ROWING CLINIC

Itinerary



PACIFIC OCEAN

101

FOSTER BAR

ROGUE RIVER RANCH

Wild & Scenic Section

MORRISON'S LODGE

GRANTS PASS

ROGUE RIVER

MEDFORD

ASHLAND

OREGON
CALIFORNIA

CRATER LAKE
NATIONAL PARK

To Portland
245 miles

To Sacramento
350 miles

MEETING PLACE:	Morrison's Rogue River Lodge, Merlin, Oregon
MEETING TIME:	1:00 PM
RETURN TIME:	Approximately 6:00 PM
RIVER RATING:	Class III
RIVER MILES:	40
PUT-IN:	Almeda or nearby launch site
TAKE-OUT:	Foster Bar
AGE LIMIT:	Minimum age is 16
TRIP LENGTH:	7 Days / 6 Nights
BOAT TYPE:	Oar rafts

Welcome to O.A.R.S.' Rogue River Rowing Clinic. Professional guides teach this rowing clinic—each one is equally passionate about the outdoors, whitewater rafting, river safety and sharing their knowledge. They all have formal swiftwater rescue training and extensive backgrounds in leading whitewater rafting trips. This school is designed for those hoping to become a professional river guide, for people who would like to safely guide their own river trips, as well as for those simply wanting to learn more about whitewater rafting and the nuances a river journey entails. Prior rafting experience is not a prerequisite. You will gain the skills required to be able to maneuver oar rafts in intermediate whitewater, and you will learn many complex soft techniques needed to become a multi-day private or commercial river-rafting guide.

AWARD-WINNING NATURE-BASED ADVENTURES SINCE 1969

O.A.R.S. has been in business for over 40 years and that is no accident. Great trips on some of the world's best rivers and coastlines are the recipe for this success. Always focused on our clients and their vacations, it is our genuine belief that river trips and nature-based adventures are extremely valuable life experiences. With that as our foundation, we have committed ourselves over the years to providing the best trips available, always with an eye on improvement.

Course Content & Sample Itinerary

The following is an example of the daily itinerary for the Rowing Clinic:

Day 1

- Meet your trip leader at 1:00 PM at the meeting room at Morrison's Rogue River Lodge. We will spend the afternoon in a classroom setting for dry land instruction. This classroom time will make our transition onto the water nice and smooth. We will shuttle off to the put-in location later in the day and set up camp for the evening. We will discuss how to best select and arrange an ideal camp, proper meal preparation and clean up, as well as the essentials of "Leave No Trace" practices. Each evening we hold classroom discussions, reviewing water safety, ropes, knots and general whitewater rafting topics from A to Z. Each night we camp under the stars.

Days 2-7

- After coffee and breakfast, we pack up our belongings, discuss and practice boat rigging and continue downstream for further whitewater instruction. After thoroughly reviewing all equipment we push off and begin our floating whitewater clinic. We discuss rowing techniques, water hydrology and safety as we take turns at the oars. Everyone has ample opportunities to row in a variety of whitewater levels. We stop each day for lunch with sufficient time for questions and discussions. Each night we stop at a new location to set camp and participate in our riverside classroom. Depending on water levels and weather, we may have a layover day where we do not change camps. After lunch on day 7, we have a short float to our take-out point at Foster Bar arriving at around 2:00 pm. Upon packing up our gear into the vans, we relax for the scenic, 2-3 hour mountain drive back to Morrison's Rogue River Lodge. We should arrive at approximately 6:00 PM.

The following list is an example of the course content taught at the Rowing Clinic.

A. Swiftwater Navigation

- Oar raft techniques
- Route selection
- Hydraulics
- Strategies (momentum, ferry angles, laterals etc.)
- Boat spacing and river etiquette
- Safety talks

B. Raft Rigging

C. Camp

- Tying up & anchoring boats overnight
- Food preparation
- Hand wash & dish wash system
- Minimum impact strategies (fire pans, sumps, etc)
- Porta-potties
- Lions & tigers & bears (critters & camping)
- Camp talk (client guidelines for camping)

D. Equipment Care

- Raft inflation & deflation
- Raft handling & storage
- Repair kit

For more information, call 1-800-346-6277 in the USA and Canada or 1-209-736-4677 outside the USA and Canada, or e-mail info@oars.com

E. Multi-Day Group Dynamics

- Customer service
- Creating comfort in the wilderness
- Interpretive talks
- Problem solving

F. Basic Swiftwater Rescue Techniques

- Swimming in whitewater
- Ropes, knots, slings and anchors
- Throw bag technique
- Hand signals

G. Leave No Trace

- Review the essentials of the 7 principles of Leave No Trace

What's Included?

- Skilled professional guide instructors
- 6 nights riverside camping
- Meals from dinner on day 1 through lunch on the last day, with limited beer and wine at dinner
- Expedition equipment, including 2-person shared tent, splash jacket (spring and cold weather trips only) and dry bags
- High quality inflatable rafts and related river equipment including paddle, helmet, and personal flotation device
- Transfers from Morrison's Rogue River Lodge to the river and back

What's not included?

- Transportation to and from Morrison's Rogue River Lodge
- Pre- and post-trip accommodations and meals
- Sleeping bag & sleeping pad (these items may be rented from O.A.R.S.)
- Insurance of any kind, including travel insurance
- Items of personal nature (an equipment list will be provided)
- Gratuities

SOMETHING VOLUNTARY

- In reviewing your statement, you'll notice \$1/person/day donation to American Rivers, a non-profit conservation organization dedicated to Wild and Scenic Rivers. One hundred percent of these funds go directly to protecting Wild and Scenic Rivers and your contribution is tax-deductible. This donation is voluntary and may be removed from your invoice if you choose not to participate. *Please notify our office to delete the donation from your balance.*
- The O.A.R.S Foundation is a not-for-profit 501 © 3 organization with the express goal of providing opportunities from young people to experience the magic of a river trip. Visit www.oarsfoundation.org to learn more about how your tax-deductible donation can change young lives for the better.

Terms & Conditions

Reservations and Deposits

- A \$250/person deposit is required at the time of reservation. The balance is due 60 days prior to departure.

Cancellations and Refunds

- If you find it necessary to cancel your trip, please notify us as soon as possible. The cancellation fee after you've made your deposit can range up to the entire trip cost, based upon the number of days prior to your trip that we receive your cancellation notice. We regret we cannot make exceptions for personal emergencies. For this reason, **we strongly urge you to investigate trip insurance** (see Insurance).
- Cancellations 60 days or more prior to your trip earn a full refund less a \$100/person fee. Cancellations 59 days or less prior to your trip are not refundable.
- If you transfer from one trip to another, there is a \$50/person charge up until 60 days before the trip. Transfers made after this time will be treated as cancellations.

Medical

- Under most circumstances, if you are of an adventurous spirit and in reasonably good health, you should have no problem enjoying an O.A.R.S. trip. People with medical conditions, including pregnancy, should have a physician's approval before taking an adventure travel trip.

Insurance

- Although every effort is made to insure a safe trip for all, we strongly recommend that you protect yourself, your belongings, and your vacation through the purchase of a short-term traveler's policy. A trip cancellation policy covers your non-refundable payments in most cases, should you have to cancel your trip at the last minute due to illness or injury. Trip participants should realize that in the event of illness or injury on an adventure travel trip, evacuation can be prolonged, difficult and expensive. Personal belongings and cameras are carried entirely at the owner's risk, and O.A.R.S. accepts no responsibility for lost, damaged, delayed or stolen property.

Liability Waiver

- Everyone is required to sign a standard release before the trip, acknowledging awareness that some risks are associated with the trip. Safety is of the utmost concern on our trips. However, due to the nature of the activities, a condition of your participation is that you will sign this form and return it to our office before the trip begins. Anyone who refuses to sign the form will not be allowed to participate, and consistent with O.A.R.S. cancellation policy, there will be no refund of the trip fees at that time.

Responsibility – An Important Notice

- O.A.R.S. West, Inc. and cooperating agencies act only in the capacity of agent for the participants in all matters relating to transportation and/or all other related travel services, and assume no responsibility however caused for injury, loss or damage to person or property in connection with any service, including but not limited to that resulting directly or indirectly from acts of God, detention, annoyance, delays and expenses arising from quarantine, strikes, theft, pilferage, force majeure, failure of any means of conveyance to arrive or depart as scheduled, civil disturbances, government restrictions or regulations, and discrepancies or change in transit over which it has no control. Reasonable changes in itinerary may be made where deemed advisable for the comfort and well being of the participants, including cancellation due to water fluctuation, insufficient bookings (this trip requires a minimum of 4 guests), and other factors. There is risk in whitewater rafting, particularly during high-water conditions. Rafts, dories and kayaks do capsize. You could be swept overboard. Your guide will make every attempt to assist, but you must be strong and agile enough to "self-help" and "float-it-out" without further endangering yourself or others. We reserve the right not to accept passengers weighing more than 260 pounds or with a waist/chest size exceeding 56 inches. We may decide, at any time, to exclude any person or group for any reason we feel is related to the safety of our trips. We are experienced at accommodating people with various disabilities. Please give us an opportunity to make you feel welcome. We need to discuss any special requirements ahead of time. On advancement of deposit the depositor agrees to be bound by the above recited terms and conditions. Prices subject to change without notice.