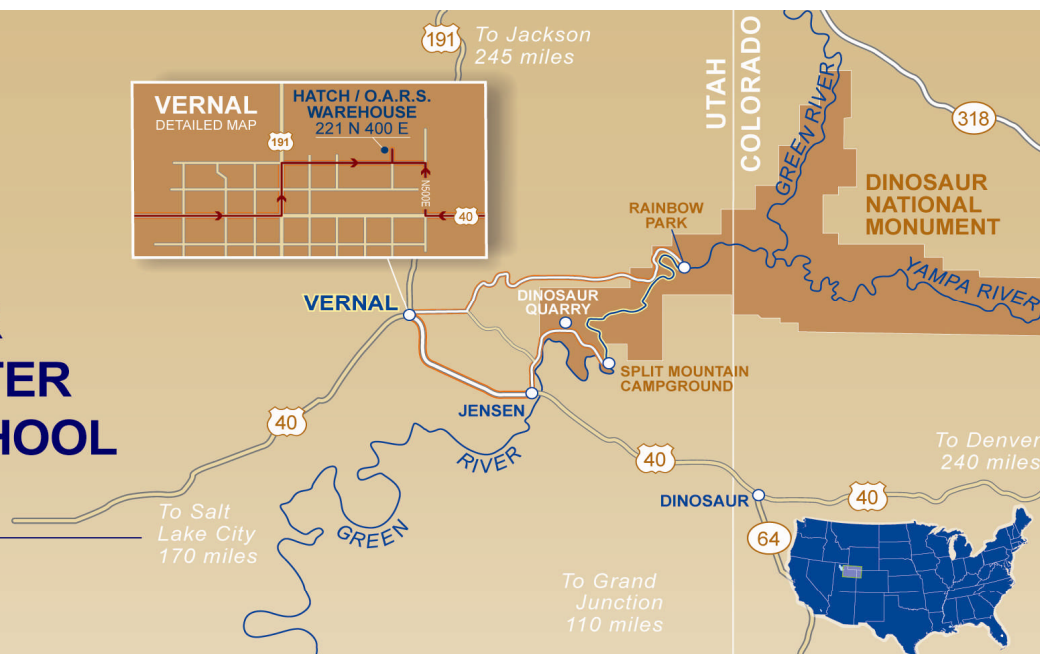




DINOSAUR WHITEWATER GUIDE SCHOOL

Itinerary



MEETING PLACE:	Hatch / O.A.R.S. Warehouse – 221 North 400 East, Vernal, Utah
MEETING TIME:	5:00 PM, the evening before your trip
RETURN TIME:	Approximately 5:00 PM
RIVER RATING:	Class III
RIVER MILES:	+/- 50
SECTION:	Split Mountain, Flaming Gorge & Gates of Lodore sections of the Green River
AGE LIMIT:	Minimum age is 16 (18 at high water)
TRIP LENGTH:	7 days / 6 nights
BOAT TYPE:	Oar Raft, Paddle Raft

Welcome to O.A.R.S.' Dinosaur Whitewater Guide School. Prior outdoor experience is not a prerequisite for this course. If you are in good shape, have a positive attitude and want to learn wilderness skills in an outdoor setting, you are sure to have a memorable experience and learn new skills that will last a lifetime. This school is designed for those hoping to become a professional river guide, as well as for people who would like to safely guide their own river trips and those simply wanting to learn more about whitewater rafting and the nuances a river journey entails.

Professional guides teach our Dinosaur Whitewater Guide School, each one passionate about the outdoors, whitewater rafting, river safety and sharing their knowledge. They all have formal whitewater rescue training and extensive backgrounds in leading whitewater rafting trips. The Green River is a treat to be able to learn whitewater in this beautiful canyon. Rippling red and brown sandstone contrasts with the deep green trees and grasses that grow along the river and up the canyon walls, creating the ultimate classroom. Then there is the river itself, first navigated by Major John Wesley Powell on his famous descent that led him through the Grand Canyon, the Green has long been a legendary whitewater run. Big-wave rapids are exciting for experienced

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boaters, but not so formidable as to discourage first-time rafters. This guide school provides the setting for participants to be able to competently maneuver rafts in intermediate Class III whitewater.

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.

BOAT SELECTION

- We typically run the Dinosaur whitewater guide school exclusively in paddle rafts—fun, maneuverable inflatable rafts powered by four (two minimum) to seven (nine maximum) passengers with paddles, along with a guide. Paddle rafts offer an active, hands-on challenge and are usually the preferred vessel on most whitewater trips. We will also review rowing oar rafts, which would typically carry our camp gear along with 2 – 4 (5 maximum) passengers down river and are rowed using a long pair of oars.

WHITWATER

- These sections of the Green River offer thrilling Class III rapids, interspersed with calm sections that inspire swimming, watching for wildlife, and gazing at the canyon scenery. Despite these slower stretches, the whitewater is consistent on the Green—you'll challenge major rapids plus lots of smaller waves and riffles. The Green river is ideal for first-time rafters.

Course Content & Sample Itinerary

We pride ourselves in running an informative and always flexible schedule. Every school is different depending upon the group, other trips on the water and sometimes the weather. The following is a sample outline of what your guide school might be like and the topics we may cover.

The Day Before Your Trip...

- We'll meet at 5:00 PM at the Hatch / O.A.R.S. Warehouse in Vernal, Utah for a pre-trip meeting. This is an opportunity to meet your fellow travelers and guides and ask any last-minute questions. Your guides will give you a thorough trip orientation, and pass out your equipment, such as: PFD (personal floatation device), helmet, wetsuit, splash jacket, and personal waterproof dry bags so that you can pack essential belongings for the following day. We will watch an introduction video, "Let's get Wet", and discuss. Some basic knots will be introduced.

Day 1-2

- We'll review in detail essential knowledge about equipment, river hydraulics and safety considerations. We'll learn about all the gear necessary for a successful rafting expedition and how to properly care for it. As we descend for the river every day we will have a "van topic" or a discussion for the ride to the river. Some of the discussions at the river include how to rig the boats, safety talk, paddle talk, and water anatomy. Once we reach the warehouse after a day out on the water, we will unload all gear, clean up, and debrief, reviewing the day's lessons.

Days 3-4

- As we lead into the second half of our guide school, you will use everything you've learned from days one and two and some additional information. Students will now be in charge of rigging the boats for the day's events. We may even change venues and introduce the Flaming Gorge section of the Green River and Stineker Lake for some rowing practice. We lunch either on the river or at take out. Upon reaching the warehouse in the afternoon—which will include the usual unloading of all gear, clean up, and debrief – we will also have the opportunity to practice what skills people would like to perfect or need to work on.

Day 5

- Our last day will act as our graduation day. You will now need to use everything you have learned from the days prior to showcase your raft guide abilities. This is a final opportunity for questions, but also your chance to shine and prove you can perform as a successful whitewater raft guide. The evening will include graduations and performance reports.

The following list is an example of the course content taught at Guide School.

A. Swiftwater Navigation

- Paddle and oar raft techniques
- Route selection
- Hydraulics
- Strategies (momentum, ferry angles, laterals, etc.)
- Boat spacing and river etiquette
- Paddle & oar raft safety talks

B. Basic Swiftwater Rescue

- Swimming in whitewater
- Hand signals
- Ropes, knots, slings and anchors
- Flipped raft scenarios
- Wrapped raft scenarios
- Basic "Z" rig
- Throw bag technique
- Strainer and foot entrapment scenarios
- Accident protocol

C. Knots

- Figure 8 and 8 retrace
- 8 on a bite
- 8 on bend
- Bowline
- Directional 8
- Prussic
- Water knot
- No knot
- Truckers

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Double 8
Daisy chain

D. Raft Rigging

E. Camp

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

F. Equipment Care

Raft inflation & deflation
Raft handling & storage
Repair kit

G. Leave No Trace

Review the 7 principles of Leave No Trace

What's Included?

- Skilled professional guide instructors
- 6 nights camping at the Hatch / O.A.R.S. warehouse
- All meals from lunch on day 1 through lunch on the last day
- Expedition equipment, including 2-person shared tent, sleeping bag & pad, wet suit & 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
- Transportation from the warehouse to the river and back

What's Not Included?

- Transportation to and from Vernal
- Pre- and post-trip accommodations and meals
- Insurance of any kind, including travel insurance
- Alcoholic beverages
- Items of a personal nature (a packing list will be provided)
- Gratuities

Something Voluntary

- In reviewing your statement, you'll note a \$1/person/day donation to the Yampa River Awareness Project of the Friends of the Yampa, a non-profit conservation organization that strives to protect and enhance the environmental and recreational integrity of the Yampa River, its basin, and its tributaries through stewardship, advocacy, partnerships and education. The mission of the Yampa River Awareness Project is to educate the public about the Yampa River, its special attributes, and current water projects

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and proposals for this river and its surrounding area. One-hundred percent of these funds go directly to the Yampa River Awareness Project 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 if you would prefer to delete the donation from your balance.

- The O.A.R.S. Foundation is a not-for-profit 501 (c) 3 organization with the express goal of providing opportunities for 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 & Deposit

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

Cancellations, Transfers & 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 the 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 a river 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.

Acknowledgement of Risk

- Everyone is required to sign a standard Acknowledgement of Risk 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. Canyonlands, 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

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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 are subject to change without notice.

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