



Course number and title: Fundamentals Whitewater Rafting – ACT 176

Instructor: Wayne Fairchild
Owner/operator Lewis & Clark Trail Adventures
PO Box 9051 Missoula, MT 59807 OR 912 E. Broadway Missoula, MT 59802
(406) 728-7609 info@trailadventures.com - More about us: www.trailadventures.com

Dates and class times: 1/14, Tues 3/3, Thurs 3/5 and Tues 3/10 - only 3:00-3:50pm

Multi-day Rafting trip: Wed 4/15 – Sunday 4/19 - exact meeting time TBD

Location: Liberal Arts 307

Overview: Introduction to Whitewater Rafting. By spending 4 days on the river the students are immersed in the learning environment. Students will be introduced to the basic components of this activity including: equipment, hydrology & feature terminology, river safety & scenarios, rescue techniques, and wilderness camping.

Objectives: **Learn** and **demonstrate** the basics of Paddle Boat guiding technique and Oar Rig guiding technique.
Learn and **apply** the interpretation of hydrology and feature terminology so as to successfully run Class III whitewater.
Learn how to safely rig gear boats and paddle boats.
Learn and **demonstrate** river safety and rescue techniques.
Learn and **interpret** possible river safety scenarios and effectively prevent accidents.
Learn and **demonstrate** Leave No Trace wilderness camping ethics including camp set up, maintenance, and clean up.
Have fun and develop friendships with others who enjoy rivers

Requirements (attire, equipment, etc.):

Attire for field trip: **Attire** – come to field trip with proper clothing, camp and river layering systems of synthetic fiber clothing. **Complete Recommended gear list will be provided prior to trip.** See www.learntoraft.com
Equipment Needed– Tent, sleeping pad & bag, thermal mug.

Equipment provided: Life Jacket (PFD), neoprene wetsuits, booties, paddling top and dry bag, all meals beginning with day 1 breakfast and ending with day 4 lunch, transportation TBA

Attendance/grading:

Activity classes are Health & Human Performance lab classes and meet for a total of 30 hours each semester. Students cannot miss more than 6 hours of class. All absences count as such, even if for documented medical illness/injury, family emergency, sleeping in, missing class to study for a test, University of Montana sponsored events, or you stayed out too late the night before. In other words, **we do not excuse absences.** We do recognize significant events and in some circumstances might extend the number of allowed absences as follows.

If you experience a significant event (for example, a documented extended illness, major injury, or the death of an immediate family member) the Activity Class Director will work with you to complete a "Petition to Extend Absences" or assist you with class withdrawal. Please see your instructor immediately if you have special needs related to your attendance. DO NOT wait until the end of the semester! Petitions are available from your instructor, the HHP Activity Class Office – McGill 117, or the HHP website at

http://www.coehs.umt.edu/hhp/activity_classes/petition/default.html

-----A note from the Curry Health Center that serves as documentation that you missed class to see them about a minor illness or routine appointment **will not be considered an excused absence.** It will count towards the 6 hours you are allowed to miss class for any reason.

-----HOW YOU USE YOUR 6 HOURS IS UP TO YOU but it is recommended that you save the hours for late semester illnesses or other unexpected events. Missing 7 or more hours will result in a grade of NCR. Due to the large number of classes and limited facility availability **we do not offer make-up classes.**

-----Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University. Academic misconduct is defined as all forms of academic dishonesty and the Student Conduct Code is available on the Dean of Student's website at:
<http://life.umt.edu/vpsa/documents/StudentConductCode1.pdf>

-----In particular, Student Conduct Code Section IV.a.5 identifies the following violations: Submitting false information: Knowingly submitting false, altered, or invented information, data, quotations, citations, or documentation in connection with an academic exercise. As this relates to HHP Activity Classes, examples of previous Student Conduct Code violations pursued by the HHP Department include, but are not limited to:

- Signing a friend's name on the attendance sheet
- Having a friend participate in class for you and signing your name
- Signing in at the beginning of class and leaving instead of participating
- Forging documents to substantiate special circumstances as noted above

Student Conduct Code Section V.D.2 identifies the following violation: ***Faculty members have the independent authority to exclude a student from any class session in which the student displays disruptive behavior that threatens the learning environment or safety and well-being of others in the classroom. The student remains eligible to return to the next class session. The faculty member maintains the authority to remove the student from each class session during which the student is disruptive.*** As this relates to HHP Activity Classes, any student removed from class for any of the above mentioned reasons will be marked absent for that day.

Safety: Let Wayne know if you have any preexisting injuries or if you are pregnant. Immediately report any in-class injuries to Wayne. Listen to your body and go at your own pace.

Semester schedule: ****This schedule is subject to change at Wayne's discretion****

Week 8

March 3, 2020 3:00-3:50P Intro to Main Salmon River Slide show, overview of this Wild & Scenic River corridor running through the Frank Church Wilderness, maps & fact sheet on geography & history

March 5, 2020 3:00-3:50P

Intro to River Rescue Video – *Heads Up* by Les Bechdel or Other

Discussion on River rescue & technique

Discussion on multi-day river trip human dynamics, maximizing performance, client/guide relations

Week 9

March 10, 2020 3:00-3:50P Prepare for Multi-day River trip

Discussion on how to prepare and pack for a multi-day wilderness trip. History of wilderness and leave no trace camping ethics.

- Mon. April 13 4:00-5:00pm Pre-trip meeting at LCTA 912 E. Broadway – Across foot bridge from UM. Q & A - packing for extended day river trips, typical day on the river, logistics and last minute questions
- Wed. April 15 Departure meeting time 2:00pm, 912 E. Broadway
Drive from Missoula to Corn Creek Put-in (approx 5 hrs)
Camp at the Corn Creek campsite
- Thurs. April 16 Breakfast, Pack & Rig boats, paddle approx 16 miles through Class II and minor Class III to Camp. Set camp, training, dinner & open discussion.
- Fri. April 17 Breakfast, Pack & Rig boats, paddle approx 20-25 miles with scouting and training at Salmon Falls and training at Barth Hot springs, continue paddling to camp. Set camp, training, dinner & open discussion.
- Sat. April 18 Breakfast, Pack & Rig boats, paddle approx 20-25 miles through Class II and Class III with scouting & training and training at confluence of South Fork of Salmon and Main Salmon continue paddling to Camp. Set camp, training, dinner & open discussion.
- Sun. April 19 Breakfast, Pack & Rig boats, paddle approx 10-15 miles through Class II and Class III to the Vinegar Creek Take-out. Unpack & De-rig rafts & gear, load trailer, return to Missoula in the evening, time estimated around 8-9pm