

ADIRONDACK COMMUNITY COLLEGE
ADVENTURE SPORTS:
LEADERSHIP AND MANAGEMENT

COURSE: AVS 232 Whitewater Leadership and Instruction

COURSE DESCRIPTION:

Designed to provide students with the technical, instructional, management and operations skills necessary for position of leadership in the whitewater industry and licensing in New York State, students will learn technical whitewater guiding and instruction skills, customer service, industry and state standards/regulations, client related skills, whitewater expedition operations and management, risk mitigation and safety management, incident/accident management, and review technical and rescue skills.

PREREQUISITE: HED 108, PED 107 or 108, PED 139, PED 149, AVS 222

CREDIT HOURS: Lecture: 2 hrs. Lab: 3 hrs. Credit: 3 hrs.

COURSE OBJECTIVE: Students will:

1. integrate general learning theories of adventure based learning
2. contrast standards and practices of certifying whitewater organizations
3. analyze and evaluate whitewater instruction and management skills
4. evaluate instructor manuals, staff development, risk management and operational plans
5. apply on-water group management and leadership skills
6. interpret river features, their dynamics and effects on craft, equipment and people
7. contrast strategic plans, business plans, and marketing plans
8. devise and evaluate risk management plans and protocol
9. devise and evaluate the whitewater expedition planning process
10. evaluate standards of performance for whitewater instructors, guides, and expedition leaders
11. synthesize relevant experiential theory for whitewater leadership
12. explore and interpret the cultural and historical context of expeditionary leadership, adventure leadership, and whitewater guiding
13. prepare whitewater learning modules
14. demonstrate whitewater guide competency defined by NYS DEC Guide Licensing Program
15. demonstrate knowledge of New York State and Adirondack Park rafting history and industry and evaluate the policies governing whitewater rafting
16. demonstrate advanced competency in river safety and whitewater rescue

COURSE TEXT:

Bennett, Jeff. The Complete Whitewater Rafter. Camden, ME: Ragged Mountain Press, 1996.

McGinnis, William. The Guide's Guide Augmented: Reflections on Guiding Professional River Trips. El Sobrante, CA: Whitewater Voyages, 2005.

COURSE CONTENT:

- I. Effective Leadership and Instruction Requirements
 - A. Core Competencies

- B. Non-Adventure Competencies
- II. Foundations of Adventure Learning
 - A. Learning Theories
 1. Behavioral
 2. Cognitive
 3. Experiential
 4. Kinesthetic
 - B. Instructional Methodologies
 - C. Expeditionary Thinking and Academic Disciplines
 1. Outdoor Education
 2. Adventure Education
 3. Expeditionary Learning
 4. Experiential Education
 5. Recreation
- III. Group Development and Dynamics
 - A. Stages of Group Development
 - B. Affects of Group Dynamics
- IV. Aquatic Environments, Activities, and Risk Management
 - A. Risk
 1. Risk Mitigation and Safety Management
 - B. Liability
 1. Standard of Care
 2. Negligence
 3. Litigation
 - C. Policy and Protocol
 1. Standards of Practice
 2. Standard Operating Procedures
- V. Adventure Leadership
 - A. Cultural Foundations
 - B. Historical Foundations
 - C. Technical, Safety, and Environmental
 - D. Instructional and Organizational
- VI. Expeditionary Leadership
 - A. Responsibility
 1. Skills
 2. Equipment Limitations
 3. Environmental Elements
 - B. Judgment and Decisions
 1. Problems, Options, Solutions, Plan
- VII. Equipment Review
 - A. Rafts
 1. Design, construction, materials, valves, repair.
 2. Loading, unloading, transport
 3. Correct inflation/deflation, working pressures.
 4. Rigging of rafts, frames, equipment within the raft, oar rigs.
 5. Paddles, guide and client
 6. Equipment carried in boat, single/multi day
 - B. Personal
 1. Rescue / wrap kit
 2. Guide equipment / personal safety kit

- 3. Client equipment
 - 4. First aid kits
 - 5. Throwlines
- VIII. Pre-trip Procedures
- A. Client safety briefing, medical briefing
 - B. Hazards, dangers and safety
 - C. Loading and launching of rafts
 - D. Tying up boats
- IX. Raft handling skills review
- A. Paddling strokes – guide
 - 1. forward and reverse sweep, pry, draw, rudder and/or rowing techniques pulling, pushing (portage), turning.
 - B. Client
 - 1. forwards, backwards, left turn, right turn.
 - C. Momentum and drift
 - D. Positioning in waves and holes
 - E. Eddy Breaks
 - F. Ferry angles
 - G. High sides
 - H. Distribution of crew for optimum balance and power
- X. River Skills Review
- A. Rapid reading - identifying whitewater features, from the boat and from bank (scouting)
 - B. Rapid running – Choosing and running a line in a rapid using appropriate techniques
 - C. Throw line use, from bank and raft
 - D. Positioning of boat to pick up swimmers
 - E. Lining and portaging, care of crew and equipment.
 - F. Assessing of crew and rapids, judging what is and what is not, feasible to run.
 - G. Motivation of crew
 - H. International grading system of rivers
- XI. Rescue review - equipment and use
- A. Use and storage of ropes, slings, prussiks, pulleys, carabiners and other rescue hardware
 - B. Knots and basic ropework, no knots, figure of eights, bowline, clovehitch, Italian hitch.
 - C. Shallow water crossings
 - D. Mechanical advantage systems, 3:1 z drag, 4:1 pig rigs.
 - E. Rescue / wrap kit, contents, appropriateness.
- XII. Communication review
- A. With passengers – paddling commands
 - B. With other rafts – system of signals - stop, eddie out, emergency, first aid required,
 - C. move closer, spread out, lost paddle, swimmer.
 - D. Use of whistle – 1 blast stop, attention. 3 blasts repeated, emergency
- XIII. Emergencies review

- A. Factors contributing to accidents, poor equipment, strainers, swimmers, high water, bad judgement, importance of maintaining visual contact with other boats.
Situation assessment, deciding on a course of action, carrying out an effective rescue using resources available, time limits and safety priorities, informing and using crew effectively.
- XIV. General emergency procedures review
 - A. Swimmers
 - 1. long or short swimmers
 - B. Wraps
 - 1. likely places on river, priorities
 - C. Tensioned diagonals
 - 1. correct angle, appropriate water
 - D. Multiple swimmers
 - 1. use of boat, throwline
 - E. Foot entrapment
 - 1. speed of rescue appropriate technique for situation
 - F. Stranded crew member
 - 1. reach, throw, row, go principle
 - G. Flips
 - 1. priorities dependant on river
 - 2. basics - head count, reflip or pull up passengers.
 - H. Hypothermia and Hyperthermia
 - 1. differences, precautions, treatment.
- XV. The environment
 - A. Minimum impact techniques.
 - B. Erosion problems associated with regularly used sites.
 - C. Other river users, consideration and courtesy.
 - D. Good rafting code of conduct

ADDITIONAL RESOURCES:

Bechdel, Les and Ray, Slim. River Rescue. Boston: Appalachian Mountain Club Books, 1997.

Jenkins, Jerry and Keal, Andy The Adirondack Atlas: A Geographic Portrait of the Adirondack Park. Syracuse, NY: Syracuse University Press, 2004.

McGivney, Annette. Leave No Trace: A Practical Guide to the New Wilderness Ethic. Seattle: Mountaineer Books, 1998.

Priest, S., & Gass, M. Effective Leadership in Adventure Programming. Champaign, IL: Human Kinetics. 1997.

Ray, Slim. Swiftwater Rescue. Asheville, NC: CFS Press, 1996.

Ray, Slim. Swiftwater Rescue Field Guide. Asheville, NC: CFS Press, 2002.

Schneider, Paul. The Adirondacks: A History of America's First Wilderness. New York: Henry Holt and Company, LLC, 1998.

Terrie, Philip G. Contested Terrain: A New History of Nature and People in the

Adirondacks. Syracuse, NY: Syracuse University Press, 1997.

Walbridge, C. River Safety Reports. Springfield, VA: American Canoeing Association, 1996.

Walbridge, C. & Sundmacher, W. Whitewater Rescue Manual. Camden, ME: Ragged Mountain Press, 1995.

<http://www.dec.state.ny.us/website/protection/rangers/rulesregs.pdf>

ADDITIONAL INFORMATION:

With or without reasonable accommodation, all students must be able to:

- Navigate difficult and varying terrain in the mountain, aquatic, challenge course, and alpine environments.
- Lift and carry heavy loads that often exceed 50lbs. over difficult and strenuous terrain.
- Walk, paddle, climb, and hike long distances carrying substantial weight.
- Assist in rescue efforts which may include lifting, climbing and carrying substantial weight over difficult and varying terrain.

Under Section 504 of the Rehabilitation Act of 1973, a post-secondary student with a disability who is in need of academic accommodations or auxiliary aids is required to notify the College of the nature of the disability and to provide appropriate documentation which supports the request for reasonable accommodations or auxiliary aids.

Individuals who would like to self-identify with a disability (and have not already) or think they may have a disability and want to request accommodations should contact the Office of Accessibility Services directly in Warren Hall, or call 743-2282 / (TTY) 743-2323 for an appointment.