

Course Code & No. - Section: PHED 145/245/345 - Section 1
Course Title (Credits): Multi-Day Whitewater Rafting (1)
Term & Year: Spring / 2016
Course Ref. No. (CRN): 10276

Instructor: Will Hoida
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Office: Patterson Hall, Room PA 208
Office Hours: By appointment

Class Meeting Time: Friday, April 1st from 1:30-3pm, and Saturday, April 2nd from 8 am to Sunday April 3rd at 6pm.

Location: All classes meet in TCES 115

Prerequisites: Must be able to swim and have a good attitude!

Course Description

Join us for two days of class III+ spring whitewater rafting on the South Fork of the American river. We will camp out Saturday night between our two days of rafting. This is spring boating which means beautiful wildflowers, fast cold water, and no crowds on the river!

Student Outcomes

Upon successful completion of this course, a student should be able to:

1. Properly plan and pack for an overnight rafting trip.
2. Paddle class II/III+ whitewater.
3. Recognize river features and hazards and how to avoid them.
4. Identify the various pieces of essential rafting gear and how to use them properly.
5. Comfortably camp in spring conditions while leaving no impact (LNT).

Methods of Assessing Student Outcomes

Student outcomes will be assessed using the following:

1. Attendance and participation in Friday pre-trip meeting and two-day rafting trip.
2. Willingness to help pack and unpack both personal and group rafting equipment for trip, as well as, helping out in camp.
3. Attitude!!!
4. Ability to identify rafting equipment and use it properly.

Instructional Strategies

This class will utilize a local stretch of class II/III river to teach the basics of whitewater rafting. Students will be expected to participate in all aspects of the trip from packing personal and group gear, to paddling, to setting up camp, and cooking.

Attendance

In order for students to receive credit for this class they need to attend both the Friday planning meeting and the Saturday through Sunday overnight rafting trip.

Class Requirements

Students should show up at the TCES 115 5 minutes prior to the class meeting times.

Grading Policy

Students with a good attitude who attend both the pre-trip meeting and participate in all aspects of the trip will receive a passing grade in the class.

Mandatory Special Accommodations (ADA) Statement

“Academic Accommodations: In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, students with a documented disability are eligible for support services and accommodations. If a student wishes to request an accommodation, contact the Director of Student Services (Prim Library room 323) at (775) 831-1314 x7534 within the first week of the semester.”

Weekend Whitewater Rafting Gear List

- Please arrive in the morning, on time, wearing your river clothes under a warmer layer. I recommend a long sleeve shirt and board shorts to wear under your wetsuit later.
- Also pack a dry change of clothes for camp (shirt, jeans, jacket, beanie, gloves, and sneakers) into a black garbage bag and duffel.
- Bring an old ball cap, or visor to wear under your helmet (the river loves to take hats so don't bring your favorite!).
- Raingear top and bottom (SNC will supply you with a paddle jacket which can be used in place of a rain top)
- Sunglasses with keeper strap are also a good idea (again, leave any expensive sunglasses you wouldn't want to lose at home!).
- Sunscreen and Chap Stick.
- Water bottle(s) (at least 2 liters!)
- Waterproof camera (optional).
- Snacks packed into a zip-lock bag (we will have a group dry-bag for you to store it in while on river).
- Sleeping bag (packed into a black garbage bag), ground pad, and ground sheet/tarp.*
- Cup, bowl, spoon.*
- Small flashlight or headlamp.*
- Money for dinner one night, at least \$10.
- A smile!

Please do not bring:

Knives, MP3 Players, Drugs, Alcohol, “Paraphernalia,” and Negative Attitude!