

Overview of the Trip Leading Skills Assessment Course

Overall Objective:

This course is intended to provide the minimum skills and training necessary for an adult leader with basic paddling skills, to effectively lead a trip for participants with adequate paddling skills, on a **day** trip, on moving water up to and including Class I rapids. (Class I: Easy. Fast moving water with riffles and small waves. Few obstructions, all obvious and easily missed with little training. Risk to swimmers is slight; self rescue is easy.)

The emphasis of this course is trip leading, safety education and rescue, not paddling instruction.

Specific Objectives:

At the conclusion of this course, each participant should be able to:

- Plan a trip, including a float plan with appropriate travel distances, contingency plans for weather, health problems or equipment failures and notification procedures in case of an emergency.
- Identify the most likely hazards to be encountered on the trip and describe what precautions can be taken to avoid them or minimize their effects.
- Determine what personal and group safety equipment would be appropriate for the trip.
- Describe how to organize and effectively lead a group of paddlers while on the trip including the appropriate use of authority to maintain group order. (i.e. controlling horse play, paddle splashing fights)
- Provide the basic elements that should be included in a "put-in" talk.
- Demonstrate basic paddling skills needed for the trip.
- Demonstrate effective self-rescue using defensive and aggressive swimming skills.
- Demonstrate how to properly assist paddlers from shore with a throw bag and/or coiled rope.
- Demonstrate how to safely recover equipment (i.e. paddles and boats)
- Demonstrate how to do a boat-assisted rescue.
- Demonstrate how to effect wading rescues.

Intended Audience:

Adults (18 and older) responsible for leading trips of youth or adults on moving water up to and including Class I rapids.

Prerequisites:

Basic River Canoe Course or equivalent skills

Course Duration:

16 hours

Teaching site:

Easy moving water up to and including Class I.

Instructor:

Basic River Canoe Instructor Trainer or above

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