



A Collaborative Adventure

Level 3: Advanced Whitewater & Safety Skills

Itinerary

August 8th-10th 2024

Day 1: 5-8/9pm

Location: Otto Lake

We'll meet at New Wave Adventures outpost for group introductions & course expectations before heading to Otto Lake. Flat water is the ideal venue to really "nerd out," paying close attention to how we are moving the boat, our body mechanics while paddling- we'll use VIDEO ANALYSIS; the instructor records you demonstrating various paddle strokes. Getting to watch how you paddle is a powerful tool allowing you to implement feedback & suggestions. We can "hear" suggestions, but when you actually "see" yourself, you get the meaning behind the words, a visual helps you make the necessary tweaks & changes that make us better whitewater packrafters. We end with reviewing self/group rescue & safety scenarios along with creative drills & exercises requiring you to use your quick but precise "on the water decision making" skills.

Day 2-3: May 9th and 10th 9am-5pm

We continue to refine & integrate paddling skills & precise boat control on class II-III water. Emphasis on integrating more advanced strokes such as bow draws, bracing & effective body mechanics to enhance ferrying & eddy catching ability. Instructors are continuously providing personal feedback & skills/drills suggestions, but allow students the opportunity to tap into their own "on the water judgment calls."

Skills such as reading the river, finding your own lines vs following a more experienced boater. Considering the bigger picture/outside of your own experience: safety concerns, continuously identifying potential hazards, human factors such as individual experience levels affecting group proximity/spacing & communication considerations while on the water.

We continue to refine paddle skills, boat control and river reading throughout both days. The best way to become a better paddler lies in intentional practice & play, finding & trying harder moves or different lines within the rapids.

We really "work" the river, refining our skills with drills, exercises & direct feedback. Students don't simply identify the easiest option & cruise downstream, but seek out challenging features- lines requiring experience & skill to practice on.



A Collaborative Adventure

We'll finish the weekend, we'll stage safety scenarios on moving water, providing opportunities to practice what to do/not do when things don't go as planned, such as: capsizing boats, whitewater swimming, self-rescue, critical thinking & decision making (as both the victim & the rescuer), group rescue techniques/considerations, how to help swimmers & when/how to effectively handle & retrieve lost gear.

Course closes with discussion about multi-day trips & special Alaska/wilderness considerations, Q & A, debrief and overall wrap up before departure.

Level 3 Gear Requirements

- Packraft (whitewater outfitting required for Level 3: spray skirt & combing/self bailer, thigh straps, foot block & supportive backband)
- Effective "grab loop" on bow and stern/perimeter line
- Whitewater helmet (climbing or bike helmets not acceptable)
- Whitewater PFD: min 15.5 lbs floatation, (w/whistle & rescue knife securely attached)
- Whitewater paddle; breakdown or full length (large power face; shaft under 210 cm)
- Drysuit
- Appropriate base-layers/insulation
- Throw bag (50 ft min)
- Paddling pogies/gloves (optional)
- Footwear (running shoes/neoprene paddling booties, no open toed shoes/sandals/crocs)
- Dry bag or bow bag for personal gear (must attach to boat, NO non locking carabiners)
- Water bottle, lunch, snacks