



WHITEWATER RAFTING

2016

Dear Rafter:

Welcome, we're glad to have you aboard on one of Calvary Chapel's white water rafting trips. Our desire is that you will have an exciting and rewarding experience on the river with us this summer. In order to have everything go as smoothly as planned, we ask you to read the following information and attached "check list".

RAFTING TRIP DETAILS

COST OF TRIPS

Calvary Chapel's trips are a non-commercial use. [River Management Plan, Section III (C)(1)]. There are two parts to our suggested donation:

A bonafide sharing of expenses, which includes all perishable items such as gas, transportation, food, put in and take out fees, camping and parking fees and insurance. This shared cost will vary from trip to trip but will generally cost \$90- \$120 for a two-day trip, which is collected only to recover the actual cost of the rafting trip. These costs are equally shared by all participants of the rafting group on your particular trip.

The balance is a voluntary donation that enables Calvary Chapel to continue its outreach and ministry program. If you object to this portion of the donation, please do not donate above the \$90-\$120 shared cost. However, if you wish to make the donation, you can do so for this amount, or any amount you desire. Calvary Chapel does not make any profit on these trips and any amount you choose to donate is tax deductible as a tithe or offering due to the religious nature of our organization. [Internal Revenue Code Section 501(c)(3)]

The shared cost is non-refundable unless filled by someone on the waiting list. Due to the small amount of people on each trip, and our attempt to keep the cost at a minimum, our budget is planned as if every spot is filled. In order to continue this ministry it is important to fill each trip to its capacity.

The suggested total amount donation for the two-day trip includes 4 meals, beginning with lunch the first day and ending with lunch the second day, all necessary rafting equipment, campsite fees (2 nights), parking fees, put in and take out fees, and guides. This trip taken with commercial rafters would cost about \$280.

DATES AND TIMES

Please refer to your group leader for exact meeting locations and times. Your trip on the river is scheduled to begin Friday morning and end Saturday evening.

RIVER DESCRIPTION

South Fork of the American River two day trip: difficulty 3; 20 river miles; Chili Bar to Folsom lake. Minimum age is 8 years old. On the South Fork trips there are usually 6-7 people per raft and everyone paddles.

Flowing down the western slope of the Sierra Nevada Mountains just east of Sacramento, the South Fork American offers a blend of relaxing calms and thrilling rapids. The South Fork starts out deep in a V-shaped canyon below Placerville just down stream of the famous Mother Lode. We float by old mining trails, cabin sites, and century old flumes through classic class 3 white water. Six miles downstream from Chili Bar, the river flows past the historic township of Coloma where John Marshall discovered gold in 1848 thereby

starting the California gold rush. The second half of the 20 mile run starts in the open granite valley where Coloma and Lotus are located and winds through soft, rounded hills until it comes to the gorge. There, rapids pile into rapids as the river squeezes between the polished rock banks as it twists, turns and drops.

The South Fork is the most popular river run in the west, and after doing it you'll understand why. It has everything: rapids, calm, constantly changing and dramatic scenery, rich history, easy access, and moments of quiet and solitude.

Our night will be spent at camp Lotus, which is located on the bank of the American river. The camp has running water, flushing toilets, volleyball, picnic tables, and most important warm comfortable showers! If you like you can bring a tent or sleep out under the stars. It's really a camp comfortable enough for those who consider themselves non-campers. Through the summer, temperatures can range from 60 to 100+ degrees, so be prepared.

A WORD ABOUT WATER LEVELS

The South Fork of the American River in its natural state would not normally have sufficient flows during the summer season to support rafting. Adequate flows for rafting result from releases from hydroelectric facilities up stream. These releases are made for power generation and not rafters. Depending on snow pack and time of year, water levels can vary from high to medium to low. While high water provides the exhilaration of greater speed and bigger waves; low water offers the fun of close team work and precision maneuvering; and medium gives a blend of both. High water generally occurs during spring runoff in April, May and early June, while lower levels are normally found at the tail end of each river's runnable season. Medium water is found in between. Exceptions to this pattern are rivers controlled by upstream dams which might vary daily flow, but in the course of a year generally have less variation and less high and low water periods.

OUR EQUIPMENT

We use rugged inflatable 14' paddle boats, which are compartmented, unsinkable, and carry 6-7 people plus a guide in each boat. Everyone is involved, sometimes drifting easily, oftentimes paddling in a frenzy, whopping and screaming, with waves crashing in. On all our trips we carry full safety and emergency gear and are equipped to provide emergency first aid in case of illness or injury. We provide all specialized equipment such as Coast Guard approved life jackets, waterproof bags, etc. Trip members need to bring only personal items. Please see the attached gear list.

DIFFICULTY RATINGS

Rivers are rated from 1 to 6. 1 is easy, 6 is unrunnable, with 5 being the limit of sane rafting. Generally speaking, when in the company of experienced guides with the proper equipment, first time and veteran rafters thrive on class 2,3, and some 4. Class 4+ on the other hand requires at least one previous trip. Class 5, especially for paddlers, usually requires two or more previous trips. The following is a detailed explanation of the difficulty rating scale:

1 = EASY- Small waves, clear passages, no serious obstacles.

2 = MEDIUM- Rapids of moderate difficulty with clear passages.

3 = DIFFICULT- Numerous high irregular waves, rocks, eddies, rapids with clear but narrow passages requiring expertise in maneuvering.

4 = VERY DIFFICULT- Long rapids, powerful waves, irregular dangerous rocks, boiling eddies, powerful and precise maneuvering required.

5 = EXTREMELY DIFFICULT- Long and violent rapids following each other almost without interruption. River bed extremely obstructed, big drops, violent current, very steep gradient.

6 = UNRUNNABLE- portage- Boats must be carried along riverbank in order to circumvent an unrunnable stretch of river.

IF YOU ARE UNDER 18 YEARS OF AGE

If you are under 18 years of age you must have a parent's permission/medical consent form signed and dated and given to your trip leader prior to the trip **as well as an ACA Release form for Minor**. Ask your trip leader for these forms.

You cannot go on this trip without this form!

GUIDES

Our guides are all first aid trained and C.P.R. certified as well as trained in every aspect of white water rafting. Their experience range from 2 to 35 years experience on white water rivers. They are trained to foster a warm, caring and supportive style of guiding that places the enjoyment and safety of our guest first and foremost. Our guides have all given freely of their own time to serve the Lord in this way and receive no monetary compensation for their efforts.

RESPONSIBILITY

We are now into our 29th rafting season and have maintained an excellent safety record. We put great effort into making sure our staff is fully prepared and experienced. However, all river voyages involve risk and we must recognize that accidents or illnesses may occur. We therefore assume no responsibility for injury to trip members, their personal belongings, or for time and expenses incurred. We also require that all trip members sign the attached liability release and assumption of risk form before embarking on a trip.

If any member of your party is diabetic, epileptic, asthmatic, has a history of heart trouble, is allergic to bee/scorpion stings, or take daily prescription drugs, it is important that you make us aware of this in writing. People with a history of heart trouble or any other potentially serious medical condition should consult their doctor before coming on a rafting trip.

For liability reasons we are not able to allow any pregnant women to participate in any of the activities, sorry!

RIVER CONSERVATION

River rafting is clean, healthy and fun. Along each river trip comes a responsibility to leave the river as we find it, so that those who come after us will find the river just as we do. This is why on all of our river trips we are careful to leave no trace of our passage down the river.

PLEASE BE IN PRAYER FOR

- The Lord to minister to you and to others on your trip according to His will.
- New friendships to develop.
- A trouble-free and safe time- to, from, and on the river.

If you have any other questions concerning the rafting trip please contact your trip leader or feel free to write or give us a call:

Calvary Chapel Concord
P.O. Box 6098
Concord, CA 94524
(925)687-9084

****RAFTING SAFETY AND GENERAL INFORMATION****

- 1) Keep life jacket on at all times, they only work when they are worn. Make sure they have a tight/snug fit. Never sit on a life jacket and always hook jackets to safety rope when not in use.
- 2) Hold onto your paddle firmly at all times, especially when going through rapids, it will help you keep your balance.
- 3) If your raft hits a rock DO NOT try and push it as that could break a hand or an arm. *Move to the rock side*
- 4) Sit on top of the tube, with your feet in the raft.
- 5) Wear shoes or booties at all times. Most major injuries are to the feet. Never jump off the boat- ease onto beaches and rocks.
- 6) Always wear sunburn protection #15 or stronger. Watch out for other burning. Cover back or front of legs if burning starts.
- 7) Our rafts carry first aid kits, spare paddles, spare life jackets, air pump, repair kit and emergency throw line.
- 8) Communications- Please do as your guide asks.
- 9) Loading onto and off rafts- Please load on and off rafts on water and not on shore as this prevents holes and scrapes.
- 10) HAVE FUN!!!

CHECK LIST FOR TWO DAY TRIP

CLOTHING

() Sun hat or visor, (that stays on the head!)

() If rain or cool weather is a possibility, a rain suit or windbreaker with fleece or wool sweater. *NO COTTON*

- () Warm jacket/ sweater with light jacket.
- () Tennis shoes which lace tight or wetsuit booties. **These will get wet and stay wet** Bare feet or flip-flops are not allowed on the river.
- () Extra pair of shoes for camp site. *THESE WILL STAY DRY*
- () Swimsuit or shorts. 2 pairs *PLEASE BE DISCREET*
- () Underwear
- () Long sleeve shirt. Preferably one wool.
- () Long pants/ sweat bottoms, one pair.
- () T-Shirts, two each.
- () Sleep wear
- () Warm socks and a cap for the camp site.

SLEEPING

- () Sleeping bag
- () Air mattress, foam pad and/or tarp
- () Pillow (small)
- () Flashlight with extra batteries
- () Compact tent (optional)

TOILETRIES

- () Towel and wash cloth
- () Toothbrush and toothpaste
- () Hair brush/comb

- () Soap and shampoo
- () Plastic bag for wet clothes
- () Sun screen, 15 block or stronger, waterproof type.
- () Sunglasses with a head strap, i.e. croakies or chums. *Head straps are essential for prescription eyeglasses*
- () Lip ointment
- () Bee sting kit, mandatory if allergic to bees.
- () Insect repellent
- () Women- Feminine needs (if necessary).

OPTIONAL

- () Extra prescription glasses or contacts if worn.
- () Dry set of clothes to leave in car and wear on trip home.
- () WATERPROOF camera with pouch or box.
- () Spending money for camp store.
- () Please no portable stereos or radios.

MISCELLANEOUS

- () If under 18 yrs of age- Parent perm./medical cons. form.
- () Liability release form.
- () Any prescription drugs for specific medical conditions.
- () Bible for camp fellowship.
- () Guitars or any musical instrument conducive to worship.

****RIVER BOAT SCHEDULE****

Two Day Trip

FIRST DAY

8:30 A.M.....Leave Camp Lotus and meet at the Nugget (by Chili Bar)
 9:00 A.MMeet at the Nugget, safety Talk, put-in and start trip.
 12:00 P.MStop for lunch.
 1:00 P.M.....Back on the river.
 3:30 P.M.....Take out and shuttle back to the Nugget to get the vehicles.
 Set up camp for the night. Time for fellowship, volleyball, football, Frisbee, nap, swimming, exploring, hiking, shower, etc.
 6:00 P.M.....Dinner.
 7:30 P.M & After... gather around the campfire for Bible study, singing, sharing, fellowship, relaxing, s'mores & dessert.

SECOND DAY

7:00 A.M.....Shuttle vehicles to take-out.
 8:00 A.MBreakfast.
 10:00 A.M.....Put-in and start second half.
 12:00 P.M.....Lunch break.
 1:00 P.Mback on the river.
 4-5:00 P.M.....Arrive at take-out point. Head for home or camp.

SEE YOU ON THE RIVER!