



P.O. Box 68, Moab UT 84532
800-860-5262 • 435-259-7750
cfimoab.org • info@cfimoab.org

Connecting People and Nature: History, Education and Adventure

Youth River Skills Camp July 27-29 2017

Colorado River (Moab Daily Stretch)

COURSE OUTLINE

Since 1984, Canyonlands Field Institute has been teaching science, geography, cultural history, and literary arts as well as outdoor safety and etiquette through fun, hands-on outdoor experiences. Carefully supervised hiking, camping, and river running activities, meal preparation, games, and field studies promote respect, reverence, responsibility, and reciprocity for the natural world.

The Youth River Skills Camp on the Colorado River is designed for teens interested in learning raft rowing and paddling techniques, guiding skills, and area natural history. This 3 day / 2 night camping program utilizes paddle and oar-rig rafts, inflatable kayaks or “duckies”, and Stand Up Paddleboards (SUPs) on the Fisher Towers (or Daily) section of the Colorado River. This trip is an introduction to river ecology, river dynamics, paddling and rowing techniques, equipment rigging, camping, outdoor cooking, and important river safety and rescue methods. Participants are actively involved in reading water, maneuvering boats in whitewater, learning knots, practicing self-rescue boating and swimming techniques, setting up camp and outdoor cooking. The valuable skills learned during this course will offer experience for future river trips and outdoor leadership or guide employment. Let’s get out on the water and have some fun!

Pre-trip preparation is important for a successful experience. We ask that all parents and youth read through the rest of this information packet carefully.

OBJECTIVES

1. Practice river reading skills, learn how to row a raft, paddle a ducky, enjoy adventure and have fun!
2. Practice basic river safety procedures and river rescue skills.
3. Learn basic outfitting skills including meal preparations and proper sanitation.
4. Apply minimum impact routines and ethics for river travel in this region.
5. Learn basic riparian ecology and river dynamics.
6. Practice interpreting natural history to others.

SCHEDULE

Day 1

- 8:30 A.M. Participants meet at Canyonlands Field Institute 1320 S. Hwy 191
Receive and pack your dry bag
Rig boats for the river trip
- 9:00 A.M. Depart for Dewey Bridge on the Colorado River
- Safety lessons and orientation
 - Introduction to river equipment
 - Packing and rigging boats
 - River etiquette
- Afternoon Lunch on the river (provided by CFI)
Hike and explore the region around the river and its ecology
Practice river running skills in paddle raft, oar-rig rafts, and duckies
- River dynamics
 - Paddle techniques
 - Important knots and how to use throw bags
 - Learn and practice safety skills
- Evening Make camp and have dinner
Evening activities

Day 2

- Morning Have Breakfast and break camp.
Float & paddle
- Noon Lunch on the river banks
- Afternoon Field studies and/or hikes
- Evening Make camp and have dinner
Evening activities and lessons

Day 3

- Morning Have breakfast and break camp
Float and paddle
- Noon Lunch on the river banks
- 2:00 PM Take out at Rocky Rapid (or other ramp depending on water flow)
- 3:45 P.M. Unpack, derig and clean equipment
- 5:00 P.M. Families pick up at CFI

TRAVEL

Participants meet at Canyonlands Field Institute headquarters at 1320 S Hwy 191 each morning. Please do not ask to leave the program early, or arrive late. The program ends at 5:00 pm at CFI the last day. CFI needs written permission from a parent if the youth will be walking, biking, or driving or getting a ride from someone other than the participant's parent or guardian after the trip.

GEAR AND CLOTHING

CFI will provide waterproof "day bags" for gear while on the river. A towel is not needed on the river. Youth should NOT bring electronics or media (cell phones, game boys, iPods, etc. other than photographic equipment for use on the river, and will be asked to leave such behind in the van and unplug for a day!

We provide river equipment including: tents, dry bags, food including lunch and snacks (non-meat vegetarian option available), rafts, SUPs, and inflatable kayaks ("duckies"). Due to state

boating laws, CFI must provide boats and personal floatation devices (PFD's.) Youth may bring personal spending money for purchasing CFI souvenirs.

Gear List – What to Bring

1-Day Programs

Clothing should be synthetic materials for warmth, not cotton.

Short-sleeved T-shirts & long-sleeved shirt (*for sun protection*)

Pants

Shorts

Swim suit

Underwear

River shoes: tennis shoes or sandals with a heel strap, that can get wet (*required for river programs and recommended for land programs*)

Sturdy hiking shoes (*required for land programs and recommended for river programs*)

Jacket

Hat with a brim (*for sun protection*)

Sunscreen: SPF 15 or greater

Rain gear: jacket and pants (*no ponchos*)

Sunglasses

Day pack (*adequate to carry lunch, water, and rain gear*)

Water bottles: 2 sturdy one-liter

Overnight Programs

Bring ALL 1-Day Program gear PLUS:

Sleeping bag

Sleeping pad

Ground cloth

Tent (*overnight river/La Sal trips only*)

Socks: one pair wool or polypropylene

2 or more pair cotton

Stocking cap

Gloves

Long underwear: wool or polypropylene (*all seasons*)

Flashlight with extra batteries

Journal and pencil

Digital or film camera and extra batteries – no phones used as cameras (*Desert conditions can be harsh so bring at your own risk.*)

Personal items: toothbrush and paste, towel, soap, lip balm, lotion, sanitary needs, medications, etc.

Please, do not bring cell phones or electronic devices of any kind

SAFETY PRECAUTIONS

CFI maintains an excellent safety record. Complete first aid kits are carried on all programs and all our instructors and field staff are certified and qualified to administer emergency medical treatment. While traveling in vans, everyone is required to wear safety belts. Life jackets must be worn at all times on our whitewater and canoe trips.

FOOD

While in the field, we prepare all our meals ourselves with kids involved on kitchen crew.

While we are not able to offer, nor promise fully customized meal plans for individuals in a group, we will try to accommodate for special dietary needs & restrictions where practical. In some cases, individuals may be required to bring some of their own supplementary food. CFI can now cater to Vegetarian/Vegan, Dairy Free, Gluten Free, Halal/Kosher, etc., and will consider other dietary requests. This information needs to be provided during individual registration of students.

CFI will review student/adult dietary restrictions and food allergies prior to trip. Due to the remote location of field camp and outfitting conditions, CFI reserves the right to restrict enrollment to any student/adult.

Menus are healthy and nutritious, and include a variety of foods sure to appeal to diverse tastes. Our menus can accommodate vegan, vegetarian, gluten free, dairy free, kosher, ect.

CFI STAFF

Staff members are trained in the natural and cultural history of the Colorado Plateau. Our instructors are college-educated and have direct experience teaching and working with adults, teens, and pre-teens in an outdoor educational setting. All instructors are licensed whitewater guides and certified in wilderness first aid and CPR.

To make the most of educational opportunities throughout our programs, we maintain a ratio of one instructor for each six participants. Hands-on activities, group dynamics and one-to-one instruction help to make the learning experience fun and exciting.

AGE REQUIREMENTS

Participants must be entering 7th-12th grades.

SCHOLARSHIPS

Partial scholarships are available with an application at least 14 days in advance. Please call CFI at 435-259-7750 for more information.

ON NATURE'S TERMS

This trip is designed to allow participants to experience the natural wonders of canyon country. Therefore, we request that you do not bring cell phones, iPods or video games of any kind. We promote a healthy lifestyle and operate in a cigarette smoke-free environment. Additional river etiquette will be explained by guides on Day 1.

This trip has many variables; while we will try to adhere to the itinerary as close as possible, things beyond our control can happen that require an adjustment in plans (bad weather, river levels, vehicle problems, etc.) This is the essence of adventure and part of the FUN! Along with your sunscreen and hat, please pack a "flexible group attitude" for the trip!

NO SMOKING, NO PETS

CFI operates with a no smoking policy in our camps, vehicles and boats (youth under 19 are not allowed to smoke legally in any case.) Pets are not allowed on our trips. No Alcohol is allowed on CFI school/youth trips.

BEHAVIOR STANDARDS

Rules have been set for the safety and well-being of all who participate in CFI programs. By your registration, you agree to CFI's behavioral guidelines. Students are in violation of CFI policies if they:

- Take a drug of any kind, unless under a doctor's prescription.
- Take an alcoholic beverage of any kind.
- Are involved in any sexual activities.
- Are involved in an act of theft.
- Are in company of another student who violates these rules and fails to report it.
- Fail to follow any other reasonable directive from an instructional person.

Infractions of the above rules will not be tolerated. In the event of an infraction of these rules by any participant, the parent and/or guardian will be notified and the participant will be removed from the program at the soonest possible contact point. Upon expulsion, the participant will be returned home at the expense of the parent or guardian.

EMERGENCY CONTACT

Emergency messages will be accepted at the CFI offices at 1-800-860-5262 or 435-259-7750. There is **NO ACCESS** to the group while on the river.