

CWA 2010 Beginner Trips – General Information

Beginners: Please read ALL instructions carefully. **Certified Instructors:** Please notify trip leaders of your intention to teach as soon as possible, as the number of students that can be registered depends on having instructor commitments. **Aides:** We need a limited number of aides to help run these trips. Qualified aides should have a solid roll, the ability to effortlessly demonstrate skills for the students, good skills for rescuing others, and a desire to stay with and help the instructional groups. Please contact the lead instructor for whichever trip you plan to attend to offer your services as an aide. **Social paddlers:** Always welcome! Please remember that the beginner trips are designed to introduce new paddlers to the river—if you are coming as a social paddler, you may be asked to paddle with a social group rather than with a class group and to give up large eddies and good instructional areas to student groups coming down the river.

About the Rivers CWA organizes the river trips to be successive—each river is more challenging than the last and the trips are designed to build on a growing foundation of river experience. It is assumed that all students will attend the river trips in sequence—a DuPage trip followed by a Vermilion trip, followed by the Wisconsin trip, followed by the River Rescue trip. Typically, students who have not attended a DuPage trip will not be allowed to join a Vermilion trip, students who have not attended a Vermilion trip will not be allowed to join the Wisconsin trip.

Trip	Date	Registration Details	Contact Instructor
DuPage River	April 18	Registration Required by April 11	Diana Kittelton
DuPage River or equiv	May 1	Registration Required by April 25	Steve Paolini
Vermilion or equiv	May 8	Registration Required by May 2	Erik Sprenne
Vermilion or equiv	May 15	Registration Required by May 9	Randy Hetfield
Wolf River	June 6-7	Details in upcoming Gradient	Pat Rivers

DUPAGE RIVER - Sunday April 18 and Sat May 1 – Trip Leader Diana/Kittelton and Steve Paolini Be at the river ready to shuttle and paddle at 9:30 am. This river provides a good introduction to moving water and your first chance to try eddy turns, peel-outs and ferries. If there is interest, a group dinner will be arranged after the trip. **Directions:** The put in is located in Hammel Woods Forest Preserve, which is just north of Shorewood on Rt 59. The entrance to Hammel Woods is located on the east side of Rt 59 about a half-mile north of Rt 52. Follow the road through the park to the parking area closest to the river (look for boats).

VERMILION or Equiv RIVER - Saturday, April May 8 – Trip Leaders Erik Sprenne OR Saturday, May 15 – Trip Leader Randy Hetfield Be at the river ready to run shuttle and paddle at 9:30 am. The Vermilion River is more difficult than the DuPage, and offers many practice sites and your first look at Wildcat Rapids. Expect to be on the river until around 5 pm. If there's interest, there may be a post-trip group dinner.

WISCONSIN WHITEWATER - Sat/Sun, June 6-7 – Trip Leader Pat Rivers This trip includes two days of on-river instruction on Class I-II sections, camping and dinner. Look for trip details and sign up procedure in a future Gradient

CWA 2010 Beginner Trips – Beginner Instructions Please read all instructions carefully. To gain the most from these trips, it is highly recommended that you paddle all three rivers, as the rivers progress from easier to harder in a stepwise fashion. Insurance regulations mandate prescribed instructor/student ratios, and these are the rules for the trips:

....These trips are open only to those having been through a CWA pool session, with those having completed a pool session in the last 12 months have priority, or permission of the lead instructor. Pool session students from prior years may repeat the trips if they are not full with the current year's pool students

....Paddlers must be CWA members to participate in these trips

....Paddlers must be American Canoe Association (ACA) members for these trips, which is a liability insurance requirement. Daily ACA memberships can be purchased for \$10, but a yearly \$30 membership provides a break-even point for three days of instruction, and saves money if more than three days of instruction are received. Kids under 18 can join ACA free – see: <http://www.acanet.org/sei-kids.htm>

....With two Vermilion River trips offered, and limited student spots, priority will be given to ensuring that all who desire can participate in one of these trips, with priority given to pool session 'graduates', with the most recent graduates having the highest priority. If allotted spaces are not filled, students are welcome to sign up for a second day of Vermilion instruction.

Registrants who have not received confirmation of registration are not officially signed up for the trip

Trip Registration You MUST pre-register for ALL trips. Registration deadlines are listed in the river table above, and the registration form is at the end of this document.

Trip Cancellation River trips are held rain or shine and with many different river levels. Unless you hear explicitly from your instructor that your trip is cancelled or moved, the trip is still on. Because river levels rise and fall very quickly, it is the responsibility of each student to check your voicemail and email the night before a trip to ensure that you receive any last

minute changes. Our cancellation policy requires that you inform your instructor no later than 48 hours in advance of a river trip if you wish to cancel. Cancellations later than 48 hours before your trip will not be refundable.

Equipment

It is up to YOU to show up at the beginner trips with ALL of the proper equipment. The instructor at your pool session should have discussed equipment options. If you're not sure after reading the list below, call one of the instructors from your pool session. Don't wait until the last minute to get gear, or you may be left high and dry. There is a lot of equipment that can make your paddling experience safer and more comfortable, but this is the bare minimum MUST-HAVE equipment list:

Whitewater kayak (NO sea kayaks or recreational boats) Kayak flotation bags, paddle, PFD, helmet, sprayskirt, wetsuit or appropriate cold weather paddling clothing footwear, lunch and drinking water. If you are not sure what you need, contact an instructor from your pool session to discuss.

Boat, Flotation Bags, Sprayskirts and Paddle: If you don't yet own a boat, the club has a limited number of boats available to rent for beginner trips, and some members may rent out their personal boats. Try to arrange for gear with the instructor from your pool session. If you are a confirmed trip participant, the trip leader can try to help you find a boat to use. You will have to arrange boat transport yourself. You can usually arrange for the paddle, skirt and kayak flotation bags at the same time you arrange for the boat. To rent a club boat, contact Pat Rivers at 630-334-1113 or at patrickrivers@sbcglobal.net. There are a limited number of boats available so don't miss out by waiting until the last minute. These boats are available for CWA-sponsored training trips only and will not be rented out for personal paddling adventures. You will be responsible for picking up and returning the club boats to Lombard, IL.

PFD: Personal Flotation Device – also known as a life jacket. Your PFD must be type 3 and fit properly. If you are not sure what a proper fit is, contact your pool instructor.

Helmet: Bicycling helmets are not acceptable, as they're not designed for river use. Your trip leader may be able to round one up.

Wet Suit and Footwear: You must dress for immersion. A wet suit and a pair of booties will insure you have a safe, comfortable trip.

Lunch and Drinking Water: are necessary for keeping the body fueled and hydrated - to help prevent 'running out of gas' on the river.

Transportation: Please try to carpool to the Beginner Trips with other paddlers. One of the problems we continually face on beginner trips is having too many vehicles at put-ins and take-outs. **CARPOOL if at all possible!**

Trip Changes: The trip leader may, at his/her discretion, change the location of the trip as late as the evening before the trip, or cancel the trip due to inappropriate conditions – sometimes there is too much water in the rivers! All confirmed students are responsible for checking their phone/email the night before the trip in case the trip is either moved to a different river or cancelled.

Trip Costs

- You must be a CWA member to attend a Beginner Trip. If you are not a CWA member, fill out the member registration form located in the Gradient to become a member.
- You must be an ACA member or pay a one-day event fee of \$5.00. If you plan to attend at least three trips, annual ACA membership at \$30 is the most cost-effective option. Those under 18 can join ACA for free – see <http://www.acanet.org/sei-kids.htm>. If you are an ACA member, we MUST have your ACA membership number.
- Adults (18 and over) must pay a \$25 instructional fee per person per day (waived for those under 18).

Optional Beginner Trip Package: Package includes CWA Membership, ACA Membership, at least 4 Days of Instruction (1 DuPage, 1 Vermilion, 2 Wisconsin, and as room permits additional DuPage or Vermilion trips). Cost \$145 for non members, \$100 for CWA/ACA members.

Summary for Beginners

Register for the trip(s) of your choice - you are not registered until confirmation is received. Make sure you have all the proper gear well in advance of the trip. Check for last minute trip changes the night before the trip. Show up on time, ready to paddle, learn a lot of practical skills, and have fun!

Registration

- If you **are** already a CWA/ACA member, you should fill out the appropriate trip registration forms and mail them to the membership address indicated on the form along with your \$25 instructional fee.
- If you are **not yet** a member of CWA/ACA, you must submit your membership form for CWA and ACA (see details about ACA membership in the Trip Costs section above) along with your trip registration form to the membership address. Your membership to CWA/ACA must be complete before you will be allowed to register for trips.
- Fill out the registration form and mail it, along with all applicable fees and registrations, to CWA Beginner Trips, c/o Heidi Haas, 1701 Genualdi Ave., Streamwood IL 60107. Make all checks payable to Chicago Whitewater Association.