

Project GO

Whitewater Rafting Planning Guide

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THE RIVER:

We'll be rafting the "Gorge Run" of the South Fork of the American River. This section of the river is rated class III, an intermediate degree of difficulty. This run is suitable for novices with a trained guide, and contains some impressive rapids with names like Satan's Cesspool, Hospital Bar and Surprise.

TRIP COSTS:

Project GO makes every effort to provide its services at as low a cost as possible. Please call (888) 827-8859 for the latest pricing structure. Trip fees must be paid to Project GO two weeks before the date of your trip. These fees cover the actual costs of running the trip, including the cost of put-in, take-out, BLM fees, parking, equipment, and program materials. Trip fees do not include camping. We cannot refund trip fees unless cancellation is made at least two weeks in advance. Though all expenses of the rafting trip are covered by the fees, we strongly recommend you bring some "spending money" for some of those unexpected purchases like sunscreen, glasses straps, or disposable cameras. In the event that the Head Guide determines that river flow or weather conditions are unsuitable for running a safe trip, or in the event of equipment failure, Project GO reserves the right to cancel or postpone your trip. If we cannot find a suitable date, we will refund your fees within two weeks.

TRANSPORTATION:

You are responsible for providing your own transportation to and from the river. Your vehicles may also be used for shuttling participants, guides and gear. We recommend vans or a bus, but personal vehicles are acceptable as long as they are safe and insured. Please bring a spare key as a precaution. Please do not leave valuables in your vehicle.

MEETING PLACE & TIME:

We are meeting at the "put-in," Henningsen-Lotus Park, near the town of Coloma. Travel time from the San Francisco Bay Area is approximately 3 hours. Travel time from Sacramento is approximately 1 hour. Travel Time from Reno is approximately 2.5 hrs. Please allot ample time to allow for traffic conditions. A complete set of directions to Henningsen-Lotus Park is attached.

Our meeting time is 9:00 a.m. Please be prompt as there are many tasks to be performed before we get on the river, including inflating boats and rigging the gear, shuttle, and our group activities. Delays can negatively impact our day by decreasing our time allotted for group activities throughout the day. In some instances, delay may cause the trip to be cancelled due to a change in river flow.

CHAPERONES:

One adult chaperone is required for every 5 participants. Please select chaperones that are enthusiastic about the trip and willing to help facilitate group activities. We ask that the chaperones meet briefly with the Head Guide at our 9:00 meeting.

GUIDES:

All Project GO guides are trained volunteers, certified in CPR and First Aid, and at least one guide on each trip is certified in technical Swiftwater Rescue. Our guides are not paid for their services, but volunteer their time and energy out of their deep commitment to youth development. As they are volunteering their time for your group, we ask that you include the guides in your lunch plans.

LIABILITY: All participants are required to read and sign a copy of the attached Waiver of Liability Form. Minor participants are required to obtain the signature of a parent or legal guardian. Our insurance policy prohibits us from taking any passengers that have not completed the form. There are no exceptions. We have attached the Waiver of Liability Form for your convenience. Please photocopy the form and distribute them to your trip participants. If you need another copy of the form, you can download it from our website at www.ProjectGO.org. We ask that you collect these forms from all participants and present them to the Project GO Host upon meeting at the put-in. Please note that the Waiver of Liability Form includes a space to list medical conditions. All pertinent medical conditions must be listed, including allergies, injuries and medications. We will do our best to accommodate all participants, and will carry medicines or personal medical devices down river if necessary. However, Project GO reserves the right to refuse a passenger that we believe may be harmed by the activity. Please call our office as soon as possible if you have any concerns, or please notify your Head Guide on the day of the trip.

CLOTHING:

Dressing properly is critical to having a fun and safe trip.

Footwear: Shoes must be worn at all times, and must be securely fastened. We recommend old tennis shoes or "Teva" style sport sandals with a backstrap. Slip on shoes or "flip-flops" will not work. Please do not bring expensive tennis shoes. They look cool, but may be damaged or lost. Loose laces present a specific hazard.

Clothes: We recommend quick drying synthetic-fiber shirts, made of nylon, polyester or polypropylene. Please try to avoid cotton shirts as they tend to hold water and will actually make the wearer colder. Nylon or synthetic fiber shorts are recommended. Wind breakers, wind pants, rain gear or synthetic pile fleece are recommended for inclement weather, or for participants that tend to get cold easily. Jeans and cotton sweats are not acceptable.

Eye Protection: A hat or sunglasses can help protect your eyes from the summer sun. Please do not bring expensive, designer sunglasses. All glasses should be firmly attached with a strap. We highly recommend "Croakies" or "Chums" brand glasses straps. A glasses strap is mandatory for prescription glasses.

Sun Protection: Please bring ample sunscreen for the group. We recommend "waterproof" sunscreen, of SPF 15 or higher.

Dry Clothes: Please bring a change of clothes for after the river trip. These clothes should be kept separate so they can be driven to the take out and stored in a vehicle.

PROHIBITED ITEMS: Weapons of any kind, drugs and alcohol are strictly prohibited.

FOOD:

Rafting can be a strenuous activity, and appetites always seem a little bigger on the river. In addition to your camping meals, you are responsible for providing an on-river lunch and two snacks for your group and for your volunteer guides. Please expect 4 or 5 guides.

Snacks: Please bring two sets of snacks, one for put-in and one for take-out. Please package each snack separately. Some favorites are granola bars, trail mix, cookies, baby carrots and grapes. Drinks may be included in your snack menu. Snacks are not covered in the purchasing guide below.

Lunch: We highly recommend that you purchase a bulk lunch that can be assembled into sandwiches at the lunch site. On the day of the trip, we will provide one cooler and one dry bag in which to pack lunch. When shopping, please look for squash-resistant items, like pita bread, firmer breads, and Pringles potato chips. No glass containers please. For your convenience, we have developed the following purchasing guide, based on 10 people. Please adjust your purchase accordingly.

For lunch for every 10 people, purchase:

Bread	enough for 1.5 sandwiches per person
Lunch Meat	1.5 pounds
Cheese	1 pound.
Lettuce	1/2 head
Avocados	3
Onions	1
Baby Carrots	1 pound bag
Potato Chips	2 cans "Pringles" chips
Peanut Butter	8 ounce plastic container
Jelly	8 ounce plastic container
Mayonaise	6 ounce plastic, squeeze container
Mustard	6 ounce plastic, squeeze container
Cookies	1 package
Juice	1.5 juice packets per person, or powder to make 2 gallons.
Paper cups	1 per person (or juice packets)

For the group, you will need:

- Ice 1 blocks or 2 bags
- Large zip-lock bags 6
- Large garbage bags 3

DIRECTIONS FROM THE BAY AREA and SACRAMENTO:

Travel time from the Bay Area is approximately 3 hours. Travel time from Sacramento is approximately 1 hour. Please allot ample time to allow for traffic conditions.

1. From the Bay Area, take Interstate 80 East to Sacramento.
2. From Sacramento, take Highway 50 East. Continue about 30 miles.
3. Exit at the Shingle Springs/Ponderosa Exit.
4. At the stop sign, turn Left to go over the freeway.
5. Take the first Right Turn at the stop sign on to North Shingle Road.
6. Continue 10 1/4 miles to the first stop sign.
7. Continue 1/2 mile to Henningson Lotus Park on the Left. Please inform the attendant that you are rafting with Project GO, and that Project GO will pay for parking and put-in.

DIRECTIONS FROM RENO:

Travel Time from Reno is approximately 2.5 hours. Please allot ample time to allow for traffic conditions.

1. Take Interstate 80 West to Auburn
2. Exit at the Elm St. Exit in Auburn
3. Stay in the right lane and drive over the freeway
4. Turn Left at the "T" intersection with Hwy 49
5. Continue on Hwy 49 through Cool to Coloma (appx. 18 miles)
6. Turn Right at Lotus Road, just past a bridge over the South Fork of the American.
7. Continue .5 mile to Henningson-Lotus Park on the right. Please inform the attendant that you are rafting with Project GO, and that Project GO will pay for parking and put-in.

**Project Great Outdoors, Inc. (Project GO)
Assumption of Risk, Waiver of Liability
Medical Authorization and Publicity Consent**

Whitewater rafting, like most water sports, involves an inherent risk of injury, drowning or even death. I acknowledge and accept all hazards of this activity, including but not limited to; falling or being ejected from the raft, swift current, cold water, hydraulics, variations in flow, rocks, river obstacles, equipment failure, slippery footing, hiking, falling, inclement weather, poisonous plants and wild animals.

I acknowledge and accept that outdoor/wilderness activities can compound the difficulty of emergencies or delay medical care. It is not possible to anticipate all risks that could occur during this activity, but I accept all risks of my own accord. I acknowledge that Project Great Outdoors, Inc. is not a commercial rafting company, but is a California non-profit organization providing experiential education opportunities to youth. Project GO uses volunteer guides and facilitators, trained in First Aid and CPR. At least one guide per trip is trained in technical Swiftwater Rescue. I will not sue Project GO for anything that may occur during this activity. I hereby release, discharge, and hold harmless Project GO and all its guides from any claims relating to any injury, death, property damage, or loss arising from participation in any Project GO activity, including claims of negligence and claims arising from transportation to and from the activity. The venue for any dispute with Project GO shall be Alameda County, California. I agree to pay all costs, legal expenses and adverse judgments incurred by Project GO for any claim or lawsuit that I file, or is filed by anyone else on my behalf.

In the event of any suspected injury or medical condition, I consent to treatment by Project GO and its guides. I further consent to, and agree to pay for, any medical treatment I may receive from any other healthcare providers. In the event that the Project GO Head Guide deems evacuation necessary, I agree to pay the cost of transportation to a medical facility.

I acknowledge that Project GO may utilize photographs that may be taken of me, statements that I may make during the activity, or words that I write. I consent to this use and waive all rights to compensation. In consideration for participation in this activity, I agree to the terms above. I understand that this is a binding legal document. I understand the terms of this agreement and understand that I am giving up important legal rights.

Name of Participant: _____ Age: _____

Street Address: _____

City, State, Zip Code: _____ Phone: _____

Medical Conditions: _____

Emergency Contact: _____ Phone: _____

Signature (must be over 18): _____

Signature of Parent or Legal Guardian: _____