



PERSONAL INFORMATION

* This information will be kept on file by the WAVE program coordinators and will stay in a secure location with the program participants throughout the duration of the course. Please include a **photocopy of your passport, birth certificate, driver's license and your medical insurance card.**

NAME: _____

Home Address: _____

*Phone Number: _____
**please provide a number where you can be reached between May & August*

Personal Email: _____

Birth Date: ____/____/____ (dd/mm/yy)

Passport Number: _____

Place of Birth: _____

Nationality/Citizenship: _____

Health Card Number (Canadian Citizens Only):

Medical Insurance Company: _____ Policy #: _____

Medical Insurance Emergency Contact Phone Number:

Emergency Contact Person:
⇒ Name & Relationship: _____
⇒ Home Phone Number: _____
⇒ Work Phone Number: _____
⇒ Email Address: _____



EMERGENCY CONTACT INFORMATION

In the event of an emergency and your family needs to get in touch with you, please leave them with the following contact information:

In Canada: c/o Esprit Rafting Adventures Inc. 819-683-3241
 #3 Ch. Esprit info@whitewater.ca
 Davidson, Quebec
 J0X 1R0 Canada

Program coordinators: Sarah Bertrand (Office Manager) 819-683-3241

Lacy Bertrand (Instructor) lacybertrand@ymail.com

Jim Coffey (Director/Instructor) jim@whitewater.ca

Frank Swanson (Director/Instructor) frank@whitewater.ca

Please note that these numbers are given for emergency use only. While on river expeditions or courses it can be difficult to reach the WAVE program participants directly. In the event of a family emergency, please contact Sarah Bertrand at Esprit's main office and allow 24 hours for them to make contact with WAVE. The best way for participants to stay in touch with family and friends (for non-emergencies) is to have a hotmail or yahoo account, which can be accessed at the Esprit wireless internet cafe for the duration of the program.



HEALTH AND IMMUNIZATIONS

Working within the adventure travel industry generally requires forays into developing countries where medical facilities and availability of medical supplies is not the same as what one might expect at home. As a future adventure guide, you are also in a high risk category for contracting communicable diseases due to the level of service required by your contract of service (i.e.: the necessity to perform first aid). Because of the high level of public interaction, it is highly recommended that you use “universal precautions” (masks, gloves, etc.) at all times. To further protect yourself, it is also highly recommended that you acquire, and remain up to date, with your immunizations.

Recommended General Travel Immunizations: Hep. A, Hep. B, Typhoid, Tetanus

Trip Cancellation Insurance:

WAVE does not offer any refunds or deferral of courses in the event that a participant is unable to continue with the WAVE program due to injury, family emergency or personal reasons. It is highly recommended that students purchase a trip cancellation and interruption insurance plan prior to making their final payment on the course to ensure the protection of their investment.

Medical Insurance:

WAVE requires that you take out a personal health and travel insurance policy to cover you against sickness and accidents. *You will not be able to participate in WAVE without this insurance policy in place.* For international students, you must have medical insurance to cover you for the entire duration of WAVE as well as the duration of your travels. Canadian students are exempt as they may use their Canadian Health Insurance card (all provinces are valid). ***A copy of your policy must be sent to Esprit by May 1st.*** WAVE recommends the following agency for Medical and Travel Insurance:

Jamieson Travel & Tours
1892 Beachburg Road
Beachburg, ON
K0J 1C0
Email: cindy@jamiesontravel.com
Toll Free: 1(888) 582-7011
Local: (613) 582-7011
www.jamiesontravel.com
Fax: (613) 582-7012

PERSONAL EQUIPMENT

When packing your personal equipment for an extended trip, it is important to consider each article of clothing and equipment carefully. Remember, everything you bring with you... you must be able to carry. Choose clothing that can be used for multiple purposes. The more functions that each article of clothing can perform, the lighter your bags will be. We strongly suggest a multi-purpose back pack for general storage, a day pack for light day trips, a mesh gear bag for your river equipment as well as a water-tight drybag for extra gear on the water. We have listed brand names for comparison sake only – visit each company's website if you are unsure about what type of river wear to purchase.

River Wear

Patagonia (colour black):

www.patagonia.com

1 – Capilene 2 crew long sleeve shirt

1 – Capilene 2 t-shirt

1 – Capilene 2 bottoms

1 – Capilene 3 crew long sleeve shirt

1 – Capilene 3 bottoms

Keen:

www.keenfootwear.com

1 – Payette kayak low profile shoe

Chaco:

www.chachousa.com

1 – sandals z/2 with stealth rubber

Kokatat: (colour black or mango)

www.kokatat.com

1 – goretex Rogue drytop

1 – goretex Deluxe boater pant

1 – Destination convertible pants, quick dry

1 – Destination paddling shorts, quick dry

1 – outercore long sleeve

1 – outercore pants

Smartwool:

www.smartwool.com

2 – pair of hiking medium crew socks

1 – pair of MEC neoprene socks

Watershed:

www.drybags.com

1 – Drybag, Ocoee 15L

Dryland Wear

4 – cotton t-shirts

2 – cotton long sleeve shirts

2 – pair of shorts

2 – pair of pants

1 – down jacket

1 – fleece jacket

1 – fleece pants

1 – long underwear shirt & pants

1 – hard shell/rain jacket

1 – hard shell/rain pants

1 – hiking shoes (light)

x – socks

x – underwear

1 – set of casual clothes

1 – wool hat



Personal First Aid Kit

All contents should fit in a small waterproof container such as a mini Pelican Case or a Nalgene Bottle. It is your responsibility to bring sufficient quantities of any specific medications that you may require for the duration of WAVE. Please advise us of the possible side effects of any medications you are taking and of any dietary requirements related to them.

- 20 band aids
- 5 Knuckle Band Aids
- 10 2x2 Sterile Gauze Pads
- 10 Iodine/Alcohol Pads
- 1 Menstrual Pads
- 1 Tampon
- 1 Pair of Latex/Vinyl Gloves
- 1 1-way valve mask for CPR

Antihistamines (Benedryl)

Imodium

Antibiotics (general purpose, see your Dr.)

Polysporin antibiotic ointment

Aspirin and Tylenol

Anti-Inflammatory (Advil, Motrin)

Tinactin antifungal foot cream

Gold Bond or baby powder

Any personal Medications

*If you are considering purchasing your own PFD, please ensure that it is yellow and that it is equipped with a quick release harness. If you are considering purchasing your own helmet, please ensure that it is of white color. For those who are interested in working for Esprit at anytime in the future, all dry tops, paddling jackets, shorts, tights and paddling pants must be black and/or mango in color.

Please let us know if you need assistance acquiring additional gear for WAVE. As an outfitter, Esprit is able to acquire equipment at discounted rates and is pleased to pass on these savings to our WAVE participants. You may also try the following companies that support WAVE by offering discounts off their regular retail prices.

Boatwerks: Peterborough, ON or online: www.boatwerks.net, Bushtukah, Trailhead: Ottawa

We are also pleased to announce a new alliance with Level Six outdoor clothing and equipment. Level Six has generously offered 25% off most of their items for WAVE participants.

www.levelsixinc.com

***All other equipment related issues and questions should be forwarded to WAVE program co-director Frank Swanson: frank@whitewater.ca**

Toiletries & Miscellaneous

- Shower kit
- Waterproof Sun block
- Moisturizer
- Lip balm
- Personal medications
- Sunglasses with chums/croakies
- Cell phone
- Head lamp
- Laptop
- Ipod
- Pocket knife
- Waterbottle/SIGG
- Sponge for kayak
- Thermarest sleeping pad
- Pillow
- Sleeping Bag (-5 C)



WAVE EQUIPMENT PACKAGE 2009

The WAVE equipment package is compiled with state of the art equipment. The equipment listed below has been tested by whitewater instructors and former students and was found to function well, show good durability and to be very fashionable. Participants must have all the equipment listed in the equipment package before the start of the program whether it is purchased as a package through WAVE, individual items are purchased through WAVE or items are purchased or previously owned by the participant.

To ensure that we provide you with all the necessary equipment in time for the start of WAVE you will need to organize your order and payment with Sarah Bertrand (our office manager) by May the 1st. In addition, please send by e-mail a confirmation message to frank@whitewater.ca saying:

1. Yes, I would like to order the Equipment Package as outlined below. OR
2. No, I will purchase all of my own required equipment.*

**Please note that WAVE's equipment is very color specific: Yellow PFD, White Helmet, Black or yellow/mango clothing.*

The email should also include the following to help us select the appropriate sizes for equipment such as length of paddle: Your height, PFD size (s/m) or (l/xl), weight, helmet size, chest size, jacket size, waist size and shoe size.

Cost: \$1250 CDN + taxes

The WAVE 2009 equipment package includes:

1. Kokatat Ronin Pro Rescue Life Vest (s/m) or (l/xl) (chest size) yellow
www.kokatat.com
2. Level Six Kayak Spray Deck (xs), (s), (m), (l) (waist size) black/grey
www.levelsixinc.com
3. Werner Kayak Paddle Desperado 197 cm
www.wernerpaddles.com
4. Salamander Duffel Bag Size (l)
www.salamanderpaddlegear.com
5. Rescue Throw Bag 70 ft of Esprit River Line Rope
6. McNett Rescue Knife Serrated and straight edge combo
7. WRSI Helmet (m/l) or (l/xl) Pearl white
www.whitewaterhelmets.com
8. Rescue hardware kit
 - 5 meters tubular webbing
 - fox 40 whistle
 - 4 screw-locking carabineers
 - 2 yellow glow sticks
 - 1 kayak stern air bag
 - 3 pulleys
 - 6mm prussic cord (1.5m and 1.75m)

*Please note that these items come as a package and are offered at a discounted rate. Individual items may be purchased from WAVE but will be offered at regular retail price.



WAVE COURSE CALENDAR

Day 1	Arrival to Esprit's basecamp – Davidson, QC
Days 2-5	Advanced Wilderness First Aid course
Day 6	Commercial Rafting
Days 7-8	Weekend Skill Development Session # 1
Days 9-13	Paddle Raft Guide Course
Days 14-15	Weekend Skill Development Session # 2
Days 16-17	ORCA Open Canoe Course
Days 18-20	Canoe Trip Expedition
Days 21-22	Weekend Skill Development Session # 3
Days 23-25	Whitewater Rescue Technician Level 1 Course
Day 26	Riverboarding/Raft Support, Introduction to Rowing.
Day 27	Flat Water Kayaking. Introduction Clinic.
Days 28-29	Weekend Skill Development Session # 4
Days 30-32	Whitewater Kayaking Course
Day 33	Rafting Skills Challenge and Extravaganza
Day 34	Kayaking Skills Challenge and Graduation
Days 35-36	Weekend Skill Development Session # 5



FREQUENTLY ASKED QUESTIONS

Do I need a passport?

It is required that you have with you all necessary travel documents and a valid passport to enter Canada prior to the commencement of the course. It is also recommended that you carry a copy of your birth certificate and two additional pieces of identification in case of emergency. Canadian citizens will not require a passport.

Is all medical insurance the same?

Not all medical insurance offers the same international coverage. When purchasing your medical insurance, make sure that you specify that you will be whitewater rafting and kayaking. Some companies do not cover whitewater activities. Esprit recommends Jamieson Travel & Tours for the necessary coverage. Canadian students may use their Canadian Health insurance card.

How often will I have access to the phone and/or internet?

While at Esprit, there are payphones, a coin-operated internet computer and free wi-fi. Most cell phone providers work well around the base camp location.

What weight of sleeping bag should I bring?

It is a good idea to have a sleeping bag rated down to -5°. In addition, you may want to consider bringing a cotton/silk sleeping bag liner for colder nights and a travel pillow.

Are there laundry facilities available during the course?

There are coin-operated laundry machines at Esprit's base camp.

What if I do not have all the suggested items on the Personal Equipment List?

Don't worry if you do not have all the items on the list. Some articles of clothing can be purchased for reasonable prices at stores like Trailhead (Ottawa, Toronto), Mountain Equipment Co-Op (Ottawa, Toronto, web), Bushtaka (Ottawa), and other outdoor equipment retail stores.

What type of accommodation will I be staying in?

Esprit will be providing you with accommodation in a platform tent (wooden platform with roof over tent). Tents are based on shared accommodation with one other WAVE student. Private tenting accommodation is possible for those with their own tents. Esprit will lend tents for the duration of the WAVE program.

Are all my meals included in my tuition fee?

While at Esprit, all of your meals are included in the WILD tuition. You should budget approximately \$200 for other expenses (such as refreshments, snacks, internet and laundry) for the duration of the program.



What options are available to me upon completion of the course?

The WAVE program finishes on “Day 35”. Upon completion there are a number of options available to you:

1. You can return home. Drop off to Ottawa or Pembroke can be arranged through the office a few days before departure.
2. You can remain in the Ottawa Valley and try to gain river work with local rafting companies.
3. You can apply for a position with Esprit and gain valuable experience with kayak schools, canoe trips, commercial rafting and river boarding programs. Specific details on these positions will be discussed at some point during the course.

What is the optional “Family Trip”?

At the end of WAVE, Esprit offers a whitewater rafting trip at a discounted rate for family and friends of WAVE graduates. The trip is guided by all of the recent graduates who have family or friends joining. It's an exciting opportunity for WAVE graduates to gain commercial trip experience and it's a fantastic opportunity for family and friends to see your newly acquired expertise while enjoying a day out on the Ottawa River.



COURSE COSTS & EXPENSES

The WAVE tuition fee is \$3,600.00+Tax (CND) + equipment package.

The course fee includes: all instruction, all accommodations, most meals (as outlined), kayak rental for duration of program, certification fees and transportation up until course completion.

The course fee does not include personal expenditures while at Esprit's basecamp. (i.e.: shop, internet access, equipment purchases, meal and bar purchases) nor does it provide replacement for lost, broken or stolen equipment. In the event that replacement equipment is necessary, participants must repurchase them. Replacement equipment will be available through WAVE.

PAYMENT:

A \$1000 deposit is required at the time of booking; this includes a \$250 non-refundable administration fee. 50% of the balance is due 90 days prior to the course commencement, the full amount is due 60 days prior to course commencement. Balances will be automatically charged on these dates. The order form and payment for the optional "Equipment Package" is due on April 1st in order to ensure all items arrive in time for course commencement.

CANCELLATION & REFUNDS:

A full refund will be received for cancellations made 60 days prior to the trip departure date less the \$250 administration fee. Cancellations made within 60 days are non-refundable. We highly suggest purchasing cancellation insurance through your travel agency.

SECURITY DEPOSIT: \$200

This deposit is used in the event that you need fast access to cash for emergency situations. This deposit allows us to help you out in the event that we need to pay for your medication, food or other expenses. This deposit should be given to your WAVE coordinators in cash on the first day of the program. If not used, this cash deposit (or the remaining balance) will be given back to you at the end of the course.

MEALS

WAVE provides high quality, nutritious meals. Great detail is put into accommodating special diets and care is provided for specific food allergies. All professional guides should be adept at meal preparation and clean-up. Quite often participants will be responsible for food purchasing and packing, preparation as well as clean-up under the supervision of the WAVE instructors. Participants should budget a minimum of \$200 for snacks, drinks and after class activities.