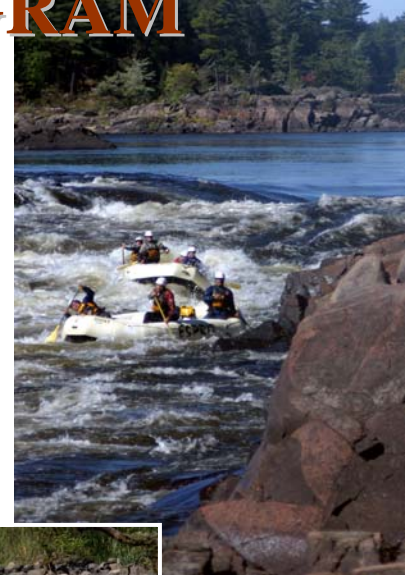




WHITewater SEMESTER TRAINING PROGRAM



W.A.V.E. - Whitewater Adventure Education

Challenge, Confidence & Competency!

The Whitewater Adventure Education (WAVE) semester program has been developed to provide you with the essential leadership and technical skills necessary to be successful working as a professional outdoor leader within the whitewater industry. Core skill development focuses on paddle raft guiding, whitewater kayaking, riverboarding, wilderness canoe tripping, swiftwater rescue and wilderness first aid. The essential elements of outdoor leadership and people management skills are emphasized throughout the course. Responsibility, persistence, risk management, integrity, confidence and the ability to work effectively as a member of a team are all life-long attributes that you will develop alongside your technical hard skills.

COURSE HIGHLIGHTS:

- ✓ Competency based whitewater training
- ✓ Nationally & Internationally recognized certifications
- ✓ Dynamic, professional team of educators
- ✓ Commercial trip leading experience
- ✓ Strong leadership focus

About WAVE

The 6 Core Elements!

The WAVE program involves the six core whitewater elements of kayaking, paddle raft guiding, canoeing, riverboarding, river rescue and wilderness first aid. You will gain national and international certification from Rescue 3 International, SOLO and the Ontario Recreational Canoeing Association (ORCA) and Paddle Canada.

Our Classroom

WAVE uses the wilderness and rivers as our classroom. We will be primarily based in the Western Quebec region of Pontiac County – home to the Dumoine, Coulonge, Noire and Ottawa Rivers. These rivers will provide endless challenges and rewards, ensuring competency and instilling confidence. You will not only learn valuable river skills, you also learn about fragile ecosystems, responsible tourism, risk management, leadership, group dynamics and yourself.



The Skills You Learn

WAVE provides the instruction, the tools, the freedom to practice outside of formal training days and the ability to apply the skills you learn on commercial trips during supervised practice. Meal planning, trip logistics, route planning, dynamic leadership, outdoor cooking, equipment rigging, environmental awareness... the skills you gain are as abundant as your desire to learn!

The Role of Leadership

Leadership is a practical skill which can be applied throughout your daily life. Team building, problem solving, conflict resolution, confidence, responsibility, judgment, communication and group motivation are skills developed within the river environment and will last a lifetime.

The Instructional Forum

Dynamic educators with extensive international whitewater experience, small course sizes providing an excellent instructor to student ratio are the hallmark of all Esprit semester leadership programs. Instruction is "hands-on" and personal, giving you the opportunity to learn through experience

A Thought to Safety

Whitewater training entails a high element of risk. On WAVE, our educators are internationally certified, recognized leaders, in Swiftwater Rescue and Wilderness First Aid. We emphasize respect for the river and the powers of nature. Students are closely supervised and are instilled with the doctrine to make safety their first priority.



Quick Facts

Duration

35 Days

Based in Davidson, Quebec, Canada

6 Core Elements

Core Elements

1. Whitewater Guiding (Paddle Rafts)
2. Whitewater Kayaking
3. Wilderness First Aid
4. Swiftwater Rescue
5. Riverboarding
6. Whitewater Canoeing

Additional Skills: "Leave No Trace" "Outdoor Adventure Leadership"

Certifications

Whitewater Kayaking	Esprit/Paddle Canada (Proficiency Levels A & B)
Paddle Raft Guiding	International Rafting Federation
Whitewater Canoeing	ORCA Moving Water 1
Riverboarding	Esprit Level 1
Swiftwater Rescue	Rescue 3 International WRT Level 1
Wilderness First Aid	SOLO – Wilderness First Responder
Wilderness Ethics	LNT (Leave No Trace) – Awareness



Course Dates and Course Outline

May 1 to June 4 2011



May 1	Arrival & Orientation Day
May 2-6	Element #1: Raft Guide Course
May 7-8	SDD (Skill Development Days - optional free day)
May 9-13	Element #2: Kayaking Level 1
May 14	SDD (Skill Development Day –optional free day)
May 15-22	Element #3 WFR (Wilderness First Responder)
May 23	Pack and Transport to Madawaska River
Day 24-26	Element #4: WRT1 (Whitewater Rescue Technician)
May 27	Paddle Madawaska River
May 28-29	Element #5: 1 day SDD 1 day Riverboarding
May 30-June 2	Element #6: ORCA Moving Water 1
June 3	Skills Assessment Day
June 4	Departure

Testimonials

Here is what people are saying about WAVE

WAVE was a great way to break into the Whitewater Industry. I am glad I learned good habits from the start!

I never realized that school could be so much fun!

I wish I had done WAVE years ago!

Now I can work, travel and get paid. WAVE has helped open some doors that would have otherwise been closed.

VERY hands on... WAVE really fit my style of learning.

I really wanted to join WILD... but WAVE fit my timing and budget better.

Elements in Detail



Element #1: Raft Guide Training Course

This 5 day course is structured around the instruction of technical strokes, maneuvers, river knowledge, river safety and group leadership pertaining to paddle guided, 14 ft. rafts. Students are taught the necessary skills to enable them to competently guide class I-III whitewater with confidence. Group/Team leadership strategies (i.e.: soft skills) are introduced and practiced within the non-threatening environment of their peers.

Element #2: Whitewater Kayaking Level 1

This 5-Day course offers beginner paddlers the opportunity to discover the fundamental strokes and maneuvers of whitewater kayaking starting in a flat water environment and progressing into class III moving water. By the end of this first introduction to kayaking, you will attain a proficiency level A as outlined by Whitewater Ontario.



Element #3 – Wilderness First Responder (WFR)

The Wilderness First Responder (WFR) provides a solid foundation for all professional outdoor leaders in wilderness medicine. This course is specifically designed for the unique demands of remote wilderness settings. The training will stress preparedness and prevention, patient assessment and providing patient care in extreme environments that often require prolonged patient care and challenging evacuations. Throughout the course, there is a strong focus on working with limited equipment and improvisation.

Course highlights include: Patient Assessment, medical legal concerns, blood borne pathogens and infectious disease, trauma and medical emergencies, environmental hazards such as hypothermia and heat injuries, long term patient management, improvisational skills, patient packaging and evacuation techniques, dislocations/reductions, spinal assessment/clearance, advanced wound management, CPR certification, as well as, practical simulations and mock scenarios to optimize learning opportunities.

Element #4– Whitewater Rescue Technician (Level 1)

The Whitewater Rescue Technician level one (WRT 1) course is the internationally recognized standard for river rescue formerly called the SRT level 1 program. Paramount for whitewater professionals, this course is a comprehensive, competency based program designed to help rescuers aid others and at the same time help themselves. The WRT 1 course highlights the evolution of low to high risk rescue techniques and emphasizes self, team and victim rescue. Students will be taught to understand swiftwater dynamics, handle swiftwater hazards and obstacles, control in-water contact rescues, communicate effectively with endangered persons and set up simple technical rope systems. The course builds the necessary skills and confidence to perform safe and effective rescues.



Element #5: Riverboarding

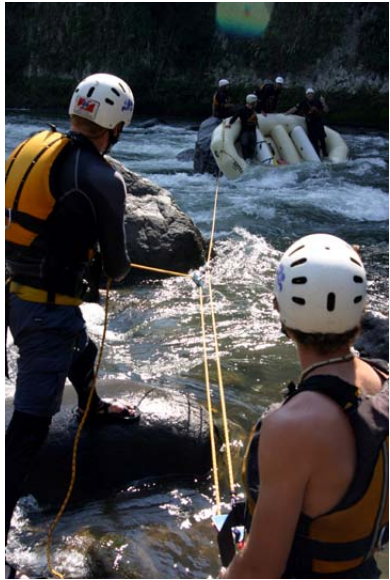
Riverboarding is an emerging whitewater sport gaining momentum in eastern North America. Riverboarding first originated in New Zealand and is known as "Hydrospeed" across Europe. As a whitewater discipline it is the simplest in technique, however, riverboarding has the potential for the most serious consequences. Instruction in proper technique, equipment issues, safety precautions, in-water group management and river running procedures is the emphasis of this one day course.



Elements in Detail Cont...

Element #6: ORCA Moving Water Certification

Certified by the Ontario Recreational Canoeing Association (ORCA), this course is designed to give students the opportunity to plan, organize and execute a multi-day whitewater (class I-II) canoe expedition. Instructors will provide dry land instruction in route selection, meal planning, equipment and packing. Students will receive on-water instruction in fundamental strokes, techniques and maneuvers for flatwater and whitewater canoeing.



LNT Awareness Course:

An important component of WAVE is the installment of a sense of “stewardship” for the environment. The “Leave No Trace” (LNT) wilderness ethics program provides an ideal foundation upon which you can frame your personal commitment. LNT is an educational and ethical program designed to assist outdoor enthusiasts in reducing and minimizing their impact on the environment. It promotes the sustainable recreational use of our wild lands, wilderness and natural areas through educational programs, research development and partnerships with members of the outdoor community. By definition, "Wilderness" is a landscape or ecosystem that has been minimally disrupted by the intervention of humans. As more and more outdoor enthusiasts explore deeper into our remaining wilderness areas in their attempts to "get away from it all", we are inadvertently eroding what little wilderness remains. Our goal is to help educate and inform outdoor leaders so that you to can carry on this essential stewardship for our remaining wild and scenic wilderness areas.

Educators

We Bring You The Best!

WAVE's educators are dynamic instructors with international experience on rivers in more than 20 different countries. They are respected leaders within their element of specialty and work full time in the Whitewater/Adventure Travel Industry.

2011 WAVE Instructors Include

Jim Coffey Director Esprit/Wave/WILD

Jim has spent the past 25 years working in the whitewater adventure travel industry. He is a recognized international authority in rafting, swiftwater rescue and wilderness aid. He is also know as one of the world's top open boaters. Jim is a tireless advocate for rivers and wild and scenic places. His passion and enthusiasm for rivers are infectious.

Frank Swanson Program Manager Esprit/Wave/WILD

Frank started early (at the age of 14) helping around the Esprit Base Camp and worked his way up to being the Head Guide. Frank is an exceptional paddler in all crafts (raft, canoe and kayak) and an even better instructor.

Lalo Ruiz Trip Leader Esprit, Lead Instructor Wave/WILD

Lalo brings his worldwide experience in the whitewater industry to Wave. He is an expert raft guide and kayaker and teaches swiftwater rescue as well. Lalo hails from Veracruz Mexico the home of Esprit' winter operations.





Course Registration, Tuition and Expenses

Registration

Congratulations! The most difficult decision has already been made and that is to join WAVE. To enroll, simply fill out the enrollment form at the end of this information package and either mail, fax or email it back to our office. A \$500 deposit is required to hold your place on WAVE.

Tuition

The WAVE tuition fee is \$4500 Canadian Dollars + tax.

The course fee includes: all instruction, all accommodations, most meals (as outlined), listed equipment (as outlined), kayak rental (for duration of the course), certification fees and local transportation.

The course fee does not include: personal expenditures while at Esprit's basecamp in Canada (i.e.: shop, internet access, equipment purchases, snack and bar purchases) nor does it provide replacement for lost, broken or stolen equipment.

The payment schedule for tuition is as follows: \$500 deposit, due upon registration, 50% due 60 days prior to course commencement, balance is due 30 days prior to course commencement. Payment plans are an option if arranged in advance with Esprit's office. Please call for details.

Meals & Accommodations:

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, preparation as well as clean-up under the supervision of the WAVE educators.

Accommodations at "The Pointe"

The WAVE program will be based out of Esprit's riverside lodge, "The Pointe", in Davidson, Quebec. You will be provided 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. You will have access to Esprit's full lodge facility including hot showers, washrooms, sundeck, lounge, TV/entertainment room, bar and restaurant. Wireless internet is available if you have your own laptop. Otherwise, there is an internet coin-op terminal for your convenience.

Accommodations on Overnight Expeditions

While on any overnight expeditions, the accommodation will be in tents. Esprit will be providing all camping equipment (except your personal sleeping bag, sleeping pad and pillow) for the WAVE program.





Equipment List:

Required River Equipment:

- 1 Lifejacket with quick release rescue harness (Type III) *
- 1 Whitewater Helmet *
- 1 Base Layer (tights and long sleeve top) made of wool, polypropylene or fleece
- 1 Thermal Layer (Fleece/wool sweater and pants)
- 1 Quick Dry Shorts
- 3 Locking Carabiners *
- 5m Tubular Webbing *
- 1 River Shoes or Sandals

Note: WAVE provides wetsuits and splash jackets for use on the river.

*** Can be purchased directly through Esprit**

Required Personal Equipment:

- 1 Sleeping Bag
- 1 Sleeping Pad
- 1 Waterproof outer layer (rain gear)
- 1 Head Lamp
- 1 Water Bottle

Suggested Personal Equipment:

- 1 Pair of Shoes
- 1-2 Light weight long pants
- 1 Quick Dry Pants for evenings on the river.
- 2-3 T-shirts.
- 1-2 Long Sleeve Shirts
- 2 Shorts
- 1 Bathing suit
- 1 Towel
- 1-2 Warm sweater(s)
- 1 Sun hat.
- ? Socks and underwear
- 1 Pair of Fleece/Wool socks for camping
- 1 Notebook & Pen
- 1 Small Day Pack
- Personal toiletries
- Book
- Camera
- Bugspray
- Sunscreen (15+ waterproof)



WAVE REGISTRATION FORM

35 DAYS – 6 CORE ELEMENTS

<p>Personal Information: Please print all information and check the appropriate boxes where applicable.</p>	<p>Emergency Contact Information: In case of emergency, please provide the name of a parent, guardian or responsible party.</p>
Student's Name:	Contact's Name:
Mailing Address:	Mailing Address:
email:	email:
Phone: (day)	Phone: (day)
Phone: (evening)	Phone: (evening)
Birth Date: (mm/dd/yy)	
	Second Parent/Guardian
	Mailing Address:
	email:
	Phone: (day)
	Phone: (evening)
Tuition:	
<input type="radio"/> Enclosed is my check for \$500 to act as my tuition deposit. This deposit includes a \$100 non-refundable, administration fee.	
<input type="radio"/> Please charge my deposit of \$500 to my visa, MC or Amex. I understand that this deposit includes a \$100 non-refundable administration fee.	
Cardholder's Name:	<p style="text-align: center;">Rules and Regulations:</p> <p>The following rules and regulations were established to ensure the safety of all students participating in WAVE. Due to the inherent high risks associated with whitewater activities, we must remain strict in the adherence to these rules and regulations. Students unable to abide by these rules and regulations should not enroll. Breaking them will result in dismissal without refund and return transportation will be at the cost of the student.</p> <ul style="list-style-type: none"> • The possession and/or use of illegal drugs is prohibited. • Behavior detrimental to the safety of other students will not be tolerated. • Abuse, whether verbal or physical, of fellow students and/or instructors will not be tolerated.
Type of card: ___ Visa ___ MC ___ Amex	
Card Number:	
Expiration Date: (mm/dd/yy)	
Amount:	
Cardholder's Signature:	
Date of Authorization:	
For More Information Call:	
1-800-596-7238	
Fax to: 819-683-3641	
Signature of Student:	
Mail to: WAVE, c/o Esprit Rafting Adventures Inc., #3 Ch. Esprit, Davidson, QC Canada J0X 1R0	

