

Section 11: Aquatic-Based Outdoor Adventure Activities and Swiftwater Rescue Techniques

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Aquatic Outdoor Adventures

During an adventure trip, paddling mainly takes place on moving rivers but can also feature flatwater lakes. Rivers are always intended to be viewed from the point of view of facing downstream when giving verbal directions. At a lake, give directions with the put in/shore as the main point of reference. Rivers are not flat, and participants and staff should never try to stand up in moving water. Participants and staff also need to wear personal floatation devices (PFD's) when participating in most aquatic activities related to the adventure trips program. **Helmets must be worn on class II rapids and above.**



Rivers and Lakes Used

River	Location	River	Location
New River (NC)	Crumpler, NC	Deerfield (Upper)	Monroe Bridge, Mass.
New River (Upper)	Thurmond, WV	Deerfield (Lower)	Charlmont, Mass.
New River (Lower)	Lansing, WV	Shenago River	Jamestown, PA
Youghiogheny River	Ohiopyle, PA	Antietam Creek	Sharpsburg, Maryland
Lehigh River	Jim Thorpe, PA	Shenandoah River	Front Royal, Virginia
Lake Erie	Erie, PA	Hungry Mother SP	Marion, Virginia
Mauch Chunk Lake	Mauch Chunk, PA	Hunt Fish Falls	Pisgah NF, NC

Lake M'VIMA and Lake Erie

When operating canoeing or kayaking on Lake M'VIMA at traditional Camp Fitch YMCA, most of the policies, procedures, and rescue techniques listed in this section of the Adventure Manual apply the same way. The same applies to stand-up paddleboarding and sea kayaking on Lake Erie.

Lake M'VIMA is a man-made in-land lake built by the Mahoning Valley Industrial Management Association, now known as the Mahoning Valley Manufacturers Coalition in Youngstown, Ohio.

Fun and Games

Games that are popular at Lake M'VIMA can be adapted to be played on the rivers that adventure trips visit.

Duckey Wars

Participants flip their boats over (works best with inflatable kayaks) and crawl on top of the boat. Once both people are standing on the upside-down boat, they use their legs to shake the floating boat, first one in the water loses. Participants cannot use their arms and hands to push or shove the other off.

Rope Swing

At Lake M'VIMA there is a rope swing. The rope swing is to be used by one camper at a time. Participants must jump off the rope on the first initial swing. Participants cannot swing back to the dock. Once someone is in the water, allow time for them to swim to the dock before sending another participant. The number of hours running the rope swing can count when keeping track of climbing hours for an ACCT certification due to the activity being a rope that is supervised and being facilitated.

Stay-A-Float

While on the river or lake the entire group joins together with all their boats parallel with each other. With everyone staying in their boats, only one camper stands up and tries to run a big circle by using the bows and sterns of the boats. The goal here is to not fall in the water. As a spectator, the goal is to not have the runner capsize you.

Tennis Ball Tag

For this game, all you need is a tennis ball. The game starts with the instructor placing a tennis ball in a random canoe. The canoe that has the tennis ball is it. The two campers in the 'it' canoe then paddle around in hopes of pulling up to another canoe side-by-side. To make another canoe 'it' all they must do is drop the tennis ball into the other canoe. There are no tag backs. Also, the tennis ball cannot be thrown. The goal of this game is to motivate campers to paddle together effectively and maneuver around others.

Whitewater Washing Machine

To perform this, a camper stands in the middle with everyone in the group making a circle around them. When ready, the group begins to splash the participant depending on what class rapid the instructor chooses. Waves made by the hands and the degree of splash should reflect the size rapid that the instructor names. There are five classes of rapids.



Canoeing and Kayaking

Canoeing and kayaking takes place mainly on moving rivers. Both activities involve using a paddle. For canoes, participants use single bladed paddle; in kayaking, participants use double bladed paddles. A real skilled paddler could use a canoe paddle for kayaking and could be a great technique if a kayak paddle is broken on a trip. Therefore, most of the information for canoeing and kayaking is the same.

Lead/ Sweep Policy

While paddling (both day and multi-day) staff members must use the Lead/Sweep method. This means one staff member is in front and another staff member is in the very back. If other staff members are present, they are encouraged to space themselves in the middle.

The way this looks on a river trip is that there is a staff boat in front and a staff boat in the back of the group while the trip moves down rapids and bends in the river. The staff member in the front should never be so far ahead to where they cannot see the sweep boat. If there are canoes, it is suggested that a staff member goes solo or that the camper in the boat is of the same gender as the staff member. The staff member in the sweep boat is the primary rescuer.

Trip Captains or Directors that go along have the main responsibility of setting safety in difficult rapids and covering the entire river from front to back, helping with any 'swim team' members of capsized boats. If a Trip Captain or Director takes the lead, a Trip Leader needs to be the boat immediately following and still acting as the lead. In this case the Trip Captain or Director is trying to guide the trip down a rapid and potentially getting ready to collect the pieces at the bottom, positioning themselves for the best rescue position. In most cases they are just trying to get good pictures and videos.



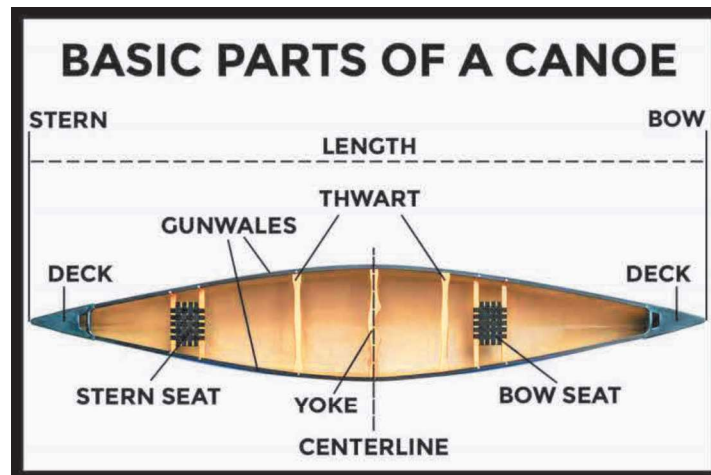
Throw Rope Policy

Per insurance requirements and just safety in general, throw ropes must be taken on the river when not partnering with a rafting company. When whitewater rafting with another company, their raft guides will carry throw ropes, allowing Camp Fitch to leave theirs behind.

Safety Gear

Every Trip Leader, Trip Captain, or Director must have the following safety gear when out on the river. This is mainly to help rescue swimmers, tie boats off, or perform a z drag for rescuing boats.

- PFD
- Helmet
- Throw Rope
- Prusik (2)
- Carabineers (3)
- Webbing is worn as a belt.



Carrying Boats

When accessing the river, sometimes you must carry the canoes or kayaks to the put in. For kayaks, you can easily get two people to carry one down or if you are feeling strong, placing your arm inside of the kayak, lifting it to the side, one person can carry it down. When it comes to canoes, here is how you can get your campers to help you out.

One Person

Place the yoke of the canoe on your shoulders and carry down with both gunwales on and around your shoulders

Two People

Both participants grab the handles on the stern and bow. Make sure you are walking on the opposite side of your partner, so the canoe does not 'bounce'.

Three People

One person grabs a handle (front or back). The second and third grab the gunwales on the left and right of where the seat attaches to the gunwale.

Four People

All four people position themselves near the seats and pick up the canoe with the gunwales. There should be two people on the right and two on the left.

Five People

Four people grab the gunwales by the seats. One person is at the bow or stern, holding the handle.

Six People

Four people grab the gunwales by the seats. Then one person grabs the bow and the last person, the stern.

Seven Plus

Just grab anywhere. This is usually done as a last resort or working with Level 1 trip campers.

Outfitter Loading and Unloading of Boats

During a trip, it might be helpful for adventure staff and campers to assist the loading and unloading of boats. This applies to whitewater rafting companies too.

When helping, adventure staff should talk with the outfitter about how the process works and if they are even allowed to help. When using a canoe trailer, only adventure staff can help place boats on the trailer and tie the knots needed to secure them to it.



Major Rapids

Trip Leaders should also consider avoiding the F U break in paddling situations too by waiting extra time before continuing when the last boat arrives. If the group is about to go down a major rapid, it makes sense for the last boats to arrive to the group, go last down the rapid. In this case waiting for their time to go down the rapid is in a way their chance to rest.

Before major rapids, have everyone group together and have a staff member explain the features of the rapid and how to maneuver it successfully. Adventure staff should position themselves for rescue situations, getting behind eddies or waiting at the end of the rapid to collect boats and campers. There should always be one staff at the top of the rapid, acting as the sweep, telling campers when to leave the safe spot and go down the rapid.

Nose and Toes Position

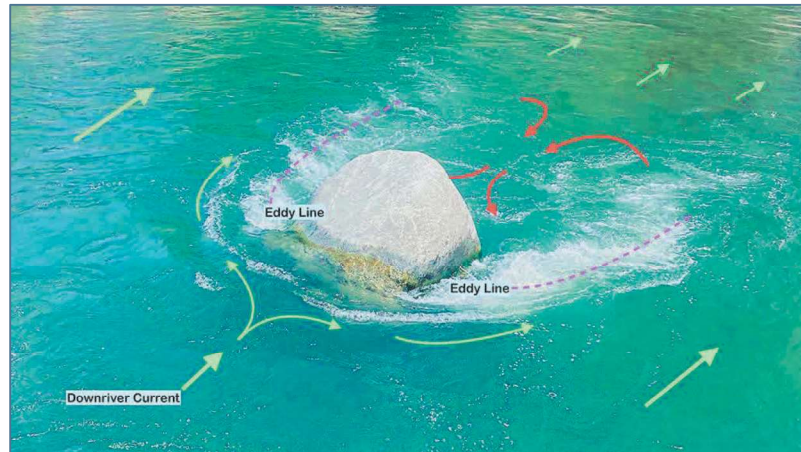
If a camper falls out of their boat in swift, moving water, they should assume the nose and toes position unless they are in a bad situation to where aggressively swimming to shore or certain direction is the best option.

To do this, lie on your back and let the PFD float you. Point your feet downstream so that you can kick off rocks. Make sure your feet are above the water. While floating, keep your nose above the water and remember to hold your breath when a wave crashes over your face and remember to breathe when your face comes above the water. As raft guides say, “Hold your breath when you see fish and take in air when you see sky.”



Using Eddies

Eddies are spaces behind rocks or large objects that redirect the flow of water (current) around them. Water likes to stay flat and thus once it goes around this rock or object, flows upstream to fill the void created by the rock or object. Tapping into the upstream current, it is possible for a boat or person to safely stay in one spot while supervising campers going down a rapid. Eddies are also great for campers to swim to if they fall out during major rapids.



Hey, I'm Eddy!

River Dangers

The following are dangers on the rivers that participants need to be made aware of when conducting a ground school.

Strainers

- A tree or item stretched out horizontally. If caught in it, boat and participant will flip while water is still able to go through.

Rocks

- Rivers are full of rocks. Some are below the water; some are appearing above the water. Hitting a rock can flip your boat. Going through shallow water can slow your boat down as well. To help avoid rocks campers should learn to read “V’s”- the patterns made with rocks in a rapid.
 - V pointing down river. (V)
 - Think of it as a ‘speed boost’, you want to go through the middle of these. There are rocks on either side, making the water move faster.
 - V pointing toward up river (^)
 - For this you want to go around it. There is a rock in the middle, forcing the water to go around it on either side. Behind the rock is an **eddy**, if a participant needs to stop and collect their breath and thoughts.



Cows

- In southern Appalachia, farmers normally control both sides of a river. When paddling try to avoid cows who might be taking a dip in the river. These are moving strainers.

Fishermen

- Try to avoid fishermen as they enjoy their recreational pursuit. Because of this, always have proper footwear on when paddling to avoid stepping on fishhooks with bare feet.

Hydraulic

- Water is cascading over a large section of rock creating a backflow at the bottom of it. If it is safe, a boat can **surf** here. If a participant falls out in a hydraulic, they may experience a short lapse of time being held underwater. It is during this time that they must try and **1.** Ball Up to be shot out or **2.** Swim to either side to exit.
- Dams are an example of a hydraulic and must be portaged around due to the hydraulic going the entire width of the river. This provides no escape if caught in the hydraulic. Trip Leaders should never lead campers onto the ledge of a dam or play around near one.
- Trip Leaders need to be ready with a throw rope at the bottom of each hydraulic encountered in a class II rapid or higher.

Foot Entrapment

- Foot entrapment is totally avoidable and happens when someone tries to stand up in a fast moving rapid. The current of the water pushes the person face forward under the water while their foot is stuck under a rock. The best way to prevent this is to presume the **nose and toes position**.
- Trip Leaders need to be ready to rescue participants with throw bag by using it to keep torso above water while trying to un-wedge the foot.
 - This can be done by passing a throw rope to another partner across the river and using the carabiners and webbing to attach to the rope to swim out to the person in the terrible situation.
 - If possible, and it is safe to do so with other participants, a wagon wheel technique may be used to get out to the endangered person. Use eddys along the way to regroup.



Surfing

Surfing can be done on playful hydraulics where easy escape can happen. If a camper does fall out of their boat and is sucked in and recirculated, they should try to bring their knees up and tuck their chin in to form a 'ball'. This will help them escape by sinking deeper and being pushed out of the recirculation. The water is returning upstream like in an eddy but now there is also water flowing over top of the rock.

To surf, a staff member needs to position themselves out of the current, behind an eddy. Campers wishing to participate can then paddle their boat up to the staff member. The staff will then be able to push them into the hydraulic. Once in the hydraulic, the participant then needs to lean away from the rock to help keep their boat in the surf while adding a few paddle strokes to turn the boat. This is the opposite in going down a rapid, where you want to lean toward the rock to stay afloat. If the participant falls out, another staff member should be downstream and have a throw rope ready in case they cannot swim back to shore.

River Communication

While on the river, adventure staff should communicate through whistle blasts and paddle signals when the noise of whitewater and distance prevent verbal communication. On the river, staff must explain ground schools and how to go down rapids by referencing the river as if one was in a boat and facing downstream.

“Ahead”	Down river
“Behind”	What you just passed, upstream
“River Right”	The right side of the river when facing downstream
“River Left”	The left side of the river when facing downstream

Paddle Signals

- Paddle up in the air vertically
 - means “GO” all is good!
- Paddle up in the air horizontally
 - means “Stop” don’t come past here. People need to use eddy’s to help stop.
- Top of paddle pointing diagonally towards a shoreline
 - means to take boat over that direction or swim to that shore.
 - Trip Leaders will never point toward something dangerous.
- Paddle waving in every direction
 - Means river emergency, get off to any side and await further instructions.

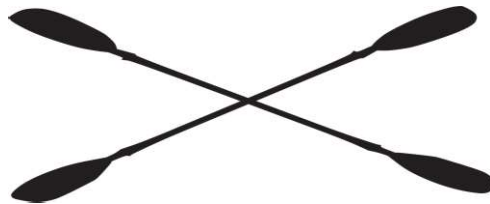


Whistle Blasts

- One blast
 - A staff member is trying to get someone’s attention, look for paddle signals to follow.
- Two blasts
 - Attention to other staff members to be aware of a swimmer in the water.
- Three blasts
 - Emergency situation, look for paddle signals to accompany.
- Long blast
 - Everyone off the water. A great technique to use at M’VIMA during Outdoor Education.

Hand Signals

- Point to the person and pat your hand on top of the helmet
 - Person giving the signal is asking the person they are pointing to if they are okay.
- Pat on helmet and then give a thumbs up
 - Person is saying they are okay and good to continue on.
- Crossing arms in an “X”
 - This means they are hurt or injured. Assistance should be given and the staff member going out to them needs to bring a first aid kit with them.



Stranded Swimmer

If a camper(s) falls out of their canoe or kayak and ends up stranded on a rock, island, or eddy it is important for the group to stop paddling, group up and have the adventure staff think of how to rescue the stranded swimmers.

Option 1 (Paddle)

Try and have the swimmers get back to their boat if nearby and continue.

Option 2 (Swim)

If the boat is not near and it is safe to swim, have the campers assume the nose and toes position and swim back to their boat or to the next pool of water.

Option 3 (Rescue)

If the stranded swimmers are in danger because of the rapid below them, form a group of four or more and try to walk upstream to the campers. Perform the wagon wheel technique to cross swift water sections.

Wagon Wheel Technique

To reach someone in a rescue or cross an area with strong current, use the wagon wheel technique. To do this it takes four people or more. The people involved make a circle by holding onto the shoulder straps of each other's personal flotation device. Rotating the circle they should spin to reach the point of interest. Spin clockwise when approaching from river left. Spin counterclockwise when approaching from river right.

The person who is facing downstream is the anchor for the entire group. As the other three or more members rotate, the person beside the one who is 'anchor' (depends on the rotation of the 'wheel') gets in line with the 'anchor'. Once this person is ready, they will say 'set'. The 'anchor' can rotate into the current and the process continues.



Boat Rescues

When rescuing a boat, first make sure that all campers are safe and accounted for. The stranded canoe or kayak should be the last priority.

T-Rescue

In a canoeing, the rescue boat paddles to flipped canoe and form a 'T' by positioning their canoe horizontally to the flipped canoe vertically. The participants in the water then press down on the end furthest away from rescue canoe, causing the other end to rise up, breaking up the suction. Once suction is broken by the rescuers, the flipped boat is lifted onto their boat and when the entire canoe is empty of water, it is flipped and set back in the water.

Sit-in Kayak Flip (in moving water)

In a kayak, the rescuer paddles over to the kayaker and wedges their kayak underneath at either end to help the submerged person flip back over.

Sit-in Kayak Flip (On Shore)

If a kayaker flips and wet exits, they then can swim their kayak to shore and get the water out via a see-saw motion, alternating what end is up. Getting help from another person can make this process go quicker.

Z Drag System

If a boat flips and is caught up in a rapid, assistance might be needed to un-wedge the boat from the rocks or objects holding it in place. To do this, Trip Leading staff will be educated on how to set up a Z-Drag system giving them a 3:1 advantage. This is to only be done after the participants are safe and rescued first. The boat can wait. Below is a diagram of how it needs to be set up. You will need all of your river safety gear.



Step 1 (Throw Rope Assembly)

To set this up, a person with a throw bag swims out to the canoe or kayak and ties a bowline around the end of the boat that makes the best sense on where the team will be pulling from. The swimmer then throws the throw bag to the group on shore. This can be reversed by the pulling team throwing the throw bag out to the swimmer.

Step 2 (Anchoring)

The pull team then ties the webbing they use as a belt around a tree and connects a carabineer to it. They also place the throw rope through the carabineer.

Step 3 (Prusik Assembly)

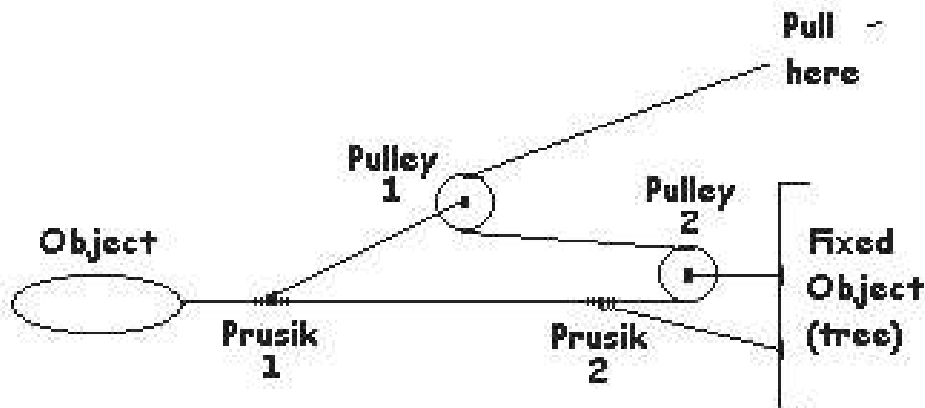
With the prusik cords, tie both of them around the throw rope and connect a carabineer to each one. These are placed on the section of throw rope coming from the boat and before it goes through the carabineer connected to the webbing.

Step 4 (Pulling)

Attach the other end of the throw rope (once it goes through the carabineer attached to the tree) through the carabineer from the first prusik. This then creates a 3:1 advantage. Once the second prusik reaching the fixed object or tree, attach the carabineer to the webbing and tighten it up. This locks the throw rope and prevents the pulling crew from losing tension.

Step 5 (Reset)

Next, take the first prusik and slide it down the throw rope as far as you can. Once you make sure the prusik is tight, release the second prusik from the tree or object.



- Object= Pinned Canoe or Boat
- Fixed Object= Tree
- Pulley= Carabiner
- Rope= Throw Rope

***Webbing is tied in a water knot to go around the tree.**

Whitewater Rafting

When whitewater rafting with a rafting company (ex: ACE Adventure Resort) Trip Leaders must position themselves strategically that makes the most sense. If there are two rafts, one Trip Leader must be in each raft. Trip Leaders are also responsible for using good judgement in how the rafts are split involving the campers. Things to be considered are age, body-build, behavior, listening skills, and style of the raft guide assigned to the group.

If in the future whitewater rafting is done by Camp Fitch Staff, the above procedure should be followed when loading rafts.

During a rapid, all instructions from the raft guide need to be respected and obeyed. The Trip Leader's role in the raft is to make sure the kids are listening to the raft guide and that behavior is managed. Before the rafting trip the Trip Coordinator or Trip Leader should hold a conversation about what is expected and should highlight the following below with their individual trip. If there are several trips in the same location and you all have merged for the rafting day, feel free to cover everything together.



Pennultimate, 2019

Sitting in the Raft

During whitewater rafting it is important to sit on the outside of the tube. Sitting on the thwart is not recommended as it acts like a projectile launcher in big waves. It is better to think of rafting in terms of yourself being a tripod; if one leg is gone, you will fall over. One leg is your paddle gripping the water, another leg is your butt sitting on the outside tube, the third leg is considered both of your feet gripping the raft by placing them against both thwarts, with the front foot tucked a little underneath.

Lunch Break Policy

When rafting with an outfitter it is important to respect other groups on the river with you. This includes families, scout groups, church groups, or other summer camps. It is Camp Fitch policy that our adventure trips go last through the food line when lunch or snacks are served. Sometimes raft guides will exercise the grand southern tradition of “Ladies First,” in which all the girls on the trip can go before the boys but only if they are the last females in the line.

River Commands

On the river, raft guides will give a series of commands depending on the way the raft is responding to 1) the participants paddling and 2) the way the raft is reacting to the waves of the rapid. If campers are having a hard time listening, tell them to always sit ready with hands on the T-grip and ears ready to listen!

The best way to understand these commands as a participant is to forget what your name is and claim your new name as either ‘Left’ or ‘Right’ depending on what side of the raft you sit on.

For example, “My name is Pablo, but today it is Right. This is because I am sitting on the right side of the raft.”



- “Sit Ready” or “Set Ready”
 - Be ready to paddle and await the guide’s next command. This is done by holding the paddle with one hand on the T-grip and one hand on the shaft, looking forward.
- “All Forward”
 - Paddle forward until the guide says “Stop”.
- “Forward (number)”
 - Paddle the (number) of times the guide says forward.
- “All Back”
 - Do a backstroke with the paddle until the guide says “Stop”.
- “Back (number)”
 - Paddle the (number) of times the guide says backward.
- “Stop”
 - Stop performing the paddle stroke that was just given.
- “Paddle”
 - Usually, a reference to the group not paddling hard enough, paddle with more strength.
- “Dig”
 - Same as “Paddle” but now the guide really, really, really, really needs you to paddle stronger.
- “Right Back”
 - Right side paddles with the backstroke.
- “Left Back”
 - Left side paddles with the backstroke.
- “Right Back, Left Forward”
 - Right side paddles with the backstroke while the left side paddles forward. This turns the raft to the right.
- “Left Back, Right Forward”
 - The left side paddles with the backstroke while the right side paddles forward. This turns the raft to the left.
- “All Down” or “Get Down” or “Hit the Deck”
 - Everyone moves their butts off the side tube of the raft into the floor. Wait for the “Get Up” command.
- “Get Up”
 - Everyone moves back to their sitting position with butts on the outside tube of the raft.
- “High Side”
 - Move quickly to the highest side of the raft. Note that the highest side could change without warning if caught in a hydraulic.

- “River Right”
 - Look to the right side of the river when looking downstream.
- “River Left”
 - Look to the left side of the river when looking downstream.
- Raft Guide cursing
 - They made a mistake or missed that must-make move on a class IV or V rapid, be ready to swim.
- Raft guide facial expressions and body language
 - Laughing
 - You are in no trouble. Guide is probably thinking “Wow, how did you fall out there?”
 - Hands Waving, motioning you back toward the boat
 - Swim back to the boat
 - Finger pointing while giving directions of “Left” or “Right”
 - Swim that way
 - Guide taps their helmet
 - This is a river signal for “are you okay?”
 - Respond by giving a thumbs up or tapping your helmet back.
 - If not okay, make an X with your arms.
- “Nose and Toes”
 - Position body upright, laid back, floating in the water. Have feet pointed downstream with head pointed upstream. Breathe when you see air, time breathing when hitting waves. You are about to go for a safe, ride down a rapid because the guide or raft cannot get to you.
- “Feet Up”
 - Same meaning as “Nose and Toes” except they personally see that you are not doing “Nose and Toes” correctly.
- “Rope”
 - Be ready to catch a rope. Grab the rope and not the bag. Grab the rope and not the bag. Grab the rope and not the bag. Yes, that is meant to be repetitive. If you grab the bag, you will find out exactly how long 70 feet of rope really is before getting pulled back into the boat.

Commonly Used Terms on the River

- Eddy
 - A space behind a rock with water flowing back upstream. A calm spot to park a boat. Sometimes referred to Cousin Eddy who got out of prison.
- Hydraulic
 - A recirculating current is usually where water flows over large rocks. If you get caught in this, make yourself as small as possible. You want to get below the current and pop back up elsewhere in the river.
- Sticks that Move
 - Guide humor for snakes.
- “Don’t touch anything green”
 - Guide humor for helping their guests avoid touching poison ivy.
- “Skirts up, pants down”
 - Guide humor for telling people where the restrooms are. Girls upstream, Boys downstream.
- Beaver Shark
 - A mythical creature that is half beaver, half shark that lives in the New River, some may say.



SUP

SUP stands for Stand-Up-Paddle boarding. SUP is done frequently on Camp Fitch YMCA property and on several adventure trips. When running SUP, Trip Leaders should go over the following below and use the lead and sweep policy.

- Zone or area to paddle in
- Beach launch and take out points
 - Protection of the fin on the bottom.
- Paddle Strokes (see *Canoeing and Kayaking*)
- Sitting to Standing motions
- Laying down and paddling with hands



Sitting to Standing Procedure

- Sit with legs straddling board, paddle on sides.
- Place paddle horizontally on board in front of you, making a plus sign with the board. Slowly place knees on the board, finding a true balance.
- Once balance is established, transition one foot at a time to where the knees exactly were. Use the paddle if needed to stand up by placing it in the water, trying to establish contact with the bottom. After this, use both hands to walk up the paddle. Laying Down and Paddling with Hands
- Lying flat on your belly, paddle the SUP by using your hands in a swimming technique.

Swimming in the Backcountry

While hiking in the backcountry there may come times where a trip will pass a perfect place to swim in a creek or lake. If it is possible, PFDs must be worn. If the logistics do not favor a PFD being ready to use- a Trip Leader or Trip Captain must be lifeguard certified and assess the swimming area before allowing the opportunity. Things to look for include:

- Depth of water
- Visibility of water
- Waterfalls or ledges present
- Hydraulics
- Evidence of venomous snakes (Pisgah National Forest)

If the bottom cannot be seen, participants may only wade out to knee level. With multiple lifeguards being present, campers can swim into water above their head (only if the water is calm enough). In this situation, one lifeguard is the main observer, and the other lifeguard is swimming with the kids.

If while hiking and stream crossings become too dangerous, alternative routes must be considered.



ACE Resort Waterpark

ACE Adventure Resort is located in Oak Hill, West Virginia. ACE stands for American- Canadian Expeditions. Camp Fitch YMCA and ACE Resort has a mutual partnership in helping to promote recreational use of the New River Gorge to youth for their enjoyment. We use ACE for all rafting adventures on trips that travel to or through West Virginia. Almost all trips that raft here have the opportunity to play in their man-made lake with inflatables. Before 2022, the waterpark was officially known as the play lake, thus people still call it this.

Playing in the lake will mainly be done the evening before or after the rafting trip. This is always a bonus activity and not considered primary to the function of the trip. In Mountain Momma Junior it is a primary activity.

At the play lake, ACE provides their own lifeguards, who are typically raft guides on their day off, trying to make extra cash and can be very inconsistent when implementing the rules. While at the play lake, Trip Leaders are expected to swim with the campers to help enforce these rules. Campers are to stay in a group of three or more following the rule of 3 policy. No swimming alone.



Restroom Procedure at Play Lake

- Campers inform Trip Leaders of where they are going and if they need to use the restroom.
- Trip Leaders go with a group of campers who need to use restroom (rule of 3).
- Try to use the single-use rooms with locks, but always check the room before letting a camper in. If there are multiple stalls, check the facility like that outlined previously.
- Trip Leader waits outside by sink area in group restroom or outside of private facilities for all participants to get done and escorts them back to lake. Stalls have changing rooms and doors that go to the floor, so privacy is not an issue, nor will the Trip Leader feel awkward being in a facility open to both genders. There is one restroom facility that is coed, try to avoid this facility.