

**SUMMER WHITEWATER RIVER
RAFTING TRIP
AUGUST 10-13 2017**

Juniors / Thrive / GenOne

\$200 per person

Camp Lotus

South Fork of the American River

2 Days of Whitewater Rafting

Volleyball - Football - Frisbee - Swimming - Hiking

Campfires - Bible Study - Singing - Fellowship



THURSDAY AUGUST 10

Depart ReGeneration Church

Arrive at Camp Lotus

Set up camp

FRIDAY & SATURDAY AUGUST 11 & 12

River Rafting

Fellowship, volleyball, football, Frisbee, nap, swimming, exploring, hiking, etc.

Gather around the campfire for worship, Bible study, fellowship, relaxing and S'mores!

SUNDAY AUGUST 13

Depart Camp Lotus

Arrive back to ReGeneration Church

Please take a look at the attached forms, fill them out completely and return with \$50 deposit to secure your spot on the trip! We look forward to a great time on the river with you!



WHITEWATER RAFTING 2017

Dear Rafter:

Welcome, we're glad to have you aboard on one of Calvary Chapel's white water rafting trips. Our desire is that you will have an exciting and rewarding experience on the river with us this summer. In order to have everything go as smoothly as planned, we ask you to read the following information and attached "check list".

RAFTING TRIP DETAILS

DATES AND TIMES

Please refer to your group leader for exact meeting locations and times. Your trip on the river is scheduled to begin Friday morning and end Saturday evening.

RIVER DESCRIPTION

South Fork of the American River two day trip: difficulty 3; 20 river miles; Chili Bar to Folsom lake. Minimum age is 8 years old. On the South Fork trips there are usually 6-7 people per raft and everyone paddles.

Flowing down the western slope of the Sierra Nevada Mountains just east of Sacramento, the South Fork American offers a blend of relaxing calms and thrilling rapids. The South Fork starts out deep in a V-shaped canyon below Placerville just down stream of the famous Mother Lode. We float by old mining trails, cabin sites, and century old flumes through classic class 3 white water. Six miles downstream from Chili Bar, the river flows past the historic township of Coloma where John Marshall discovered gold in 1848 thereby starting the California gold rush. The second half of the 20 mile run starts in the open granite valley where Coloma and Lotus are located and winds through soft, rounded hills until it comes to the gorge. There, rapids pile into rapids as the river squeezes between the polished rock banks as it twists, turns and drops.

The South Fork is the most popular river run in the west, and after doing it you'll understand why. It has everything: rapids, calm, constantly changing and dramatic scenery, rich history, easy access, and moments of quiet and solitude.

Our night will be spent at camp Lotus, which is located on the bank of the American river. The camp has running water, flushing toilets, volleyball, picnic tables, and most important warm comfortable showers! If you like you can bring a tent or sleep out under the stars. It's really a camp comfortable enough for those who consider themselves non-campers. Through the summer, temperatures can range from 60 to 100+ degrees, so be prepared.

A WORD ABOUT WATER LEVELS

The South Fork of the American River in its natural state would not normally have sufficient flows during the summer season to support rafting. Adequate flows for rafting result from releases from hydroelectric facilities up stream. These releases are made for power generation and not rafters. Depending on snow pack and time of year, water levels can vary from high to medium to low. While high water provides the exhilaration of greater speed and bigger waves; low water offers the fun of close team work and precision maneuvering; and medium gives a blend of both. High water generally occurs during spring runoff in April, May and early June, while lower levels are normally found at the tail end of each river's runnable season. Medium water is found in between. Exceptions to this pattern are rivers controlled by upstream dams which might vary daily flow, but in the course of a year generally have less variation and less high and low water periods.

OUR EQUIPMENT

We use rugged inflatable 14' paddle boats, which are compartmented, unsinkable, and carry 6-7 people plus a guide in each boat. Everyone is involved, sometimes drifting easily, oftentimes paddling in a frenzy, whopping and screaming, with waves crashing in. On all our trips we carry full safety and emergency gear and are equipped to provide emergency first aid in case of illness or injury. We provide all specialized equipment such as Coast Guard approved life jackets, waterproof bags, etc. Trip members need to bring only personal items. Please see the attached gear list.

DIFFICULTY RATINGS

Rivers are rated from 1 to 6. 1 is easy, 6 is unrunnable, with 5 being the limit of sane rafting. Generally speaking, when in the company of experienced guides with the proper equipment, first time and veteran rafters thrive on class 2,3, and some 4. Class 4+ on the other hand requires at least one previous trip. Class 5, especially for paddlers, usually requires two or more previous trips. The following is a detailed explanation of the difficulty rating scale:

1 = EASY- Small waves, clear passages, no serious obstacles.

2 = MEDIUM- Rapids of moderate difficulty with clear passages.

3 = DIFFICULT- Numerous high irregular waves, rocks, eddies, rapids with clear but narrow passages requiring expertise in maneuvering.

4 = VERY DIFFICULT- Long rapids, powerful waves, irregular dangerous rocks, boiling eddies, powerful and precise maneuvering required.

5 = EXTREMELY DIFFICULT- Long and violent rapids following each other almost without interruption. River bed extremely obstructed, big drops, violent current, very steep gradient.

6 = UNRUNNABLE- portage- Boats must be carried along riverbank in order to circumvent an unrunnable stretch of river.

IF YOU ARE UNDER 18 YEARS OF AGE

If you are under 18 years of age you must have a parent's permission/medical consent form signed and dated and given to your trip leader prior to the trip as well as an **ACA Release form for Minor**. Ask your trip leader for these forms.

You cannot go on this trip without this form!

GUIDES

Our guides are all first aid trained and C.P.R. certified as well as trained in every aspect of white water rafting. Their experience range from 2 to 35 years experience on white water rivers. They are trained to foster a warm, caring and supportive style of guiding that places the enjoyment and safety of our guest first and foremost. Our guides have all given freely of their own time to serve the Lord in this way and receive no monetary compensation for their efforts.

RESPONSIBILITY

We are now into our 30th rafting season and have maintained an excellent safety record. We put great effort into making sure our staff is fully prepared and experienced. However, all river voyages involve risk and we must recognize that accidents or illnesses may occur. We therefore assume no responsibility for injury to trip members, their personal belongings, or for time and expenses incurred. We also require that all trip members sign the attached liability release and assumption of risk form before embarking on a trip.

If any member of your party is diabetic, epileptic, asthmatic, has a history of heart trouble, is allergic to bee/scorpion stings, or take daily prescription drugs, it is important that you make us aware of this in writing. People with a history of heart trouble or any other potentially serious medical condition should consult their doctor before coming on a rafting trip.

For liability reasons we are not able to allow any pregnant women to participate in any of the activities, sorry!

RIVER CONSERVATION

River rafting is clean, healthy and fun. Along each river trip comes a responsibility to leave the river as we find it, so that those who come after us will find the river just as we do. This is why on all of our river trips we are careful to leave no trace of our passage down the river.

PLEASE BE IN PRAYER FOR

- The Lord to minister to you and to others on your trip according to His will. - New friendships to develop. - A trouble-free and safe time- to, from, and on the river.

If you have any other questions concerning the rafting trip please contact your trip leader or feel free to write or give us a call:

Calvary Chapel Concord
P.O. Box 6098
Concord, CA 94524
(925)687-9084

****RAFTING SAFETY AND GENERAL INFORMATION****

- 1) Keep life jacket on at all times, they only work when they are worn. Make sure they have a tight/snug fit. Never sit on a life jacket and always hook jackets to safety rope when not in use.
- 2) Hold onto your paddle firmly at all times, especially when going through rapids, it will help you keep your balance.
- 3) If your raft hits a rock DO NOT try and push it as that could break a hand or an arm.
Move to the rock side
- 4) Sit on top of the tube, with your feet in the raft.
- 5) Wear shoes or booties at all times. Most major injuries are to the feet. Never jump off the boat- ease onto beaches and rocks.
- 6) Always wear sunburn protection #15 or stronger. Watch out for other burning. Cover back or front of legs if burning starts.
- 7) Our rafts carry first aid kits, spare paddles, spare life jackets, air pump, repair kit and emergency throw line.
- 8) Communications- Please do as your guide asks.
- 9) Loading onto and off rafts- Please load on and off rafts on water and not on shore as this prevents holes and scrapes.
- 10) HAVE FUN!!!

****RIVER BOAT SCHEDULE** Two Day Trip**

FIRST DAY

- 8:30 A.M.....Leave Camp Lotus and meet at the Nugget (by Chili Bar)
- 9:00 A.MMeet at the Nugget, safety Talk, put-in and start trip.
- 12:00 P.MStop for lunch.
- 1:00 P.M.....Back on the river.
- 3:30 P.M.....Take out and shuttle back to the Nugget to get the vehicles. Set up camp for the night. Time for fellowship, volleyball, football, Frisbee, nap, swimming, exploring, hiking, shower, etc.
- 6:00 P.M.....Dinner.
- 7:30 P.M & After... gather around the campfire for Bible study, singing, sharing, fellowship, relaxing, s'mores & dessert.

SECOND DAY

- 7:00 A.M.....Shuttle vehicles to take-out.
- 8:00 A.MBreakfast.
- 10:00 A.M.....Put-in and start second half.
- 12:00 P.M.....Lunch break.
- 1:00 P.Mback on the river.
- 4-5:00 P.M.....Arrive at take-out point. Head for home or camp.

CHECK LIST FOR TWO DAY TRIP

CLOTHING

- () Sun hat or visor, (that stays on the head!)
- () If rain or cool weather is a possibility, a rain suit or windbreaker with fleece or wool sweater. *NO COTTON*
- () Warm jacket/ sweater with light jacket. () Tennis shoes which lace tight or wetsuit booties. **These will get wet and stay wet** Bare feet or flip-flops are not allowed on the river.
- () Extra pair of shoes for camp site. *THESE WILL STAY DRY*
- () Swimsuit or shorts. 2 pairs *PLEASE BE DISCREET*
- () Underwear
- () Long sleeve shirt. Preferably one wool.
- () Long pants/ sweat bottoms, one pair.
- () T-Shirts, two each.
- () Sleep wear
- () Warm socks and a cap for the camp site.

SLEEPING

- () Sleeping bag
- () Air mattress, foam pad and/or tarp
- () Pillow (small)
- () Flashlight with extra batteries
- () Compact tent (optional)

TOILETRIES

- () Towel and wash cloth
- () Toothbrush and toothpaste
- () Hair brush/comb
- () Soap and shampoo
- () Plastic bag for wet clothes

FIRST DAY

- () Sun screen, 15 block or stronger, waterproof type.
- () Sunglasses with a head strap, i.e. croakies or chums.
Head straps are essential for prescription eyeglasses
- () Lip ointment
- () Bee sting kit, mandatory if allergic to bees.
- () Insect repellent
- () Women- Feminine needs (if necessary).

OPTIONAL

- () Extra prescription glasses or contacts if worn.
- () Dry set of clothes to leave in car and wear on trip home.
- () WATERPROOF camera with pouch or box.
- () Spending money for camp store.
- () Please no portable stereos or radios.

MISCELLANEOUS

- () If under 18 yrs of age- Parent perm./medical cons. form.
- () Liability release form.
- () Any prescription drugs for specific medical conditions.
- () Bible for camp fellowship.
- () Guitars or any musical instrument conducive to worship.

SEE YOU ON THE RIVER!

PERMISSION & LIABILITY RELEASE FORM

Student Name: _____

Student Email: _____ **Student Phone:** _____

Parent Name(s): _____

Parent Email: _____ **Parent Phone:** _____

EVENT: _____

DATE(S): _____

LOCATION: _____

I hereby give my permission for my son/daughter to participate in this activity. As the legal parent/guardian of the above, I assume all and full responsibility and liability for any illness, disease, infirmity or alteration in physical condition sustained by any person for any reason whatsoever.

I hereby release REGENERATION CHURCH/CALVARY CHAPEL SANTA CRUZ, its employees and its officers (including those "drivers" helping in the transportation of students in an activity) from any and all responsibility and liability in case of illness, accident, injury, or death, and authorize any medical care deemed necessary by an accredited physician, nurse, paramedic, or hospital while involved in the aforementioned activity. In the event of illness, accident, or injury while the student is in the care of REGENERATION CHURCH/CALVARY CHAPEL SANTA CRUZ, I understand and agree that I am financially responsible for any care so provided.

In the event that it becomes necessary or advisable for any reason whatsoever to alter the itinerary or arrangements, the leadership reserves the right to make such alterations.

I understand that I will be required to pick up the aforementioned student at the leadership's request if the participant's behavior is contrary to the spirit and intent of this activity.

During the course of this event, we do not anticipate any problems; however, your child may not be treated by a physician without parental authorization. Naturally, you will be called immediately if we do have any problems, but there is always the possibility that promptness in treatment may be necessary.

Please list below any pertinent information that might concern your child's health, such as allergies, drug reactions, chronic ailments or disorders, etc.

Physician's Name: _____ **Phone:** _____

Parent or Guardian's Home Phone: _____ **Work/Cell Phone:** _____

Alternate person to contact in case of emergency _____ **Phone:** _____

Medical Insurance: _____ (Name and Relationship) **ID#:** _____

Any medical allergies or concerns: _____

The signing of this form by the parents or legal guardian shall be deemed as consent to the above conditions.

 Signature of Parent or Guardian

 Date

 Signature of Participating Student

 Date

Please return this entire page (permission form & liability release) to your ministry leader



AMERICAN CANOE ASSOCIATION MEMBERSHIP FORM



All minor participants in ACA-insured activities must be ACA members in one of the following categories (choose one):

I am currently an ACA member. My member number appears below. (Check here if renewing with this form <input type="checkbox"/>)	<input type="checkbox"/>	I would like a one-year Student Membership for \$25 (Under 18, or under 23 with copy of student ID)	<input type="checkbox"/>
I would like an ACA Introductory Membership for \$15 (Six month membership with benefits, including a <i>Rapid Media</i> magazine)	<input type="checkbox"/>	I would like an ACA Event Membership for \$5 (One activity membership, no member benefits)	<input type="checkbox"/>
As a new or renewing ACA member, my <i>Rapid Media</i> magazine choice is:		Print <input type="checkbox"/> Digital <input type="checkbox"/>	
Canoeroots <input type="checkbox"/> Rapid <input type="checkbox"/>		Kayak Angler <input type="checkbox"/> Adventure Kayak <input type="checkbox"/>	

Calvary Chapel Concord & AMERICAN CANOE ASSOCIATION MINOR WAIVER & RELEASE OF LIABILITY READ BEFORE SIGNING

IN CONSIDERATION of being permitted to participate in any way in the Calvary Chapel Concord and American Canoe Association, Inc. ("ACA"), sports and recreation program and related activities ("Activities") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Paddlesports and related Activities and that I am qualified, in good health, in proper physical condition to participate in such Activity and willingly agree to comply with the stated and customary terms and conditions of participation. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity. If I decide to leave early and not complete the trip as planned, I assume all risks inherent in my decision to leave.

2. FULLY UNDERSTAND that: (a) Paddlesports and related ACTIVITIES INVOLVE RISKS AND DANGERS OF DAMAGE TO PERSONAL PROPERTY AND SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE Calvary Chapel Concord, ACA, its Paddle America Clubs, affiliated clubs and organizational affiliates, their respective ACA certified instructors, certified instructor trainers, and certified instructor trainer educators, administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, INJURIES, DAMAGE TO PROPERTY, OR OTHER DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

MINOR PARTICIPANT: I, THE MINOR PARTICIPANT, HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Minor Name (print) _____	Minor Date of Birth _____	ACA # (if any) _____
Minor Street Address _____	Minor Phone _____	
Minor City _____	Minor State _____	Minor Zip _____
		Minor Email _____
Date _____	Minor Signature _____	

PARENT OR GUARDIAN: I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF PADDLESPTS AND RELATED ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Parent/Guardian Name (print) _____	Parent/Guardian ACA # (if any) _____
P/G Street Address _____	P/G Phone _____
P/G City _____	P/G State _____
P/G Zip _____	P/G Email _____
Date _____	Parent / Guardian Signature _____

Activity Description _____	Sponsoring Org. <u>Calvary Chapel Concord</u>	Activity Date _____
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Parent Permission / Medical Consent Form

*** For rafters under the age of 18 ***

Name of person rafting: _____ () Male
Address: _____ () Female
City: _____ Zip: _____ Phone: _____
Present age: _____ Birthdate: _____

Parent or guardian: _____

Parent or guardian: _____

Address: _____
City/State: _____ Zip: _____ Phone home: _____
Present age: _____ Birthdate: _____ Work: _____
2nd work: _____

As parent/legal guardian of the above listed participant, I do hereby give my permission for him/her to participate in the Calvary Chapel whitewater rafting trip on (date) _____. I also as parent/legal guardian of the above, do hereby authorize the Calvary chapel whitewater ministry staff, specifically, Joe Pratchard, Bob Scott, Tom Grant, or Britt van Baalen to secure necessary medical attention for my child: _____ in the event of my absence.

Please list any known allergies: _____

Please list any known reaction to medication: _____

In the event of an illness, I understand that a conscientious effort will be made to notify me or: _____

Name

Address

Phone

Signature: _____
Parent or Legal Guardian

Participant's Physician: _____
Address: _____ Phone# _____

Participant's Dentist: _____
Address: _____ Phone# _____

Calvary Chapel Concord P.O. Box 6098 Concord, CA, 94524 (925) 687-9084
Calvary Chapel Concord Whitewater Rafting Outreach and Ministry,
Release and acceptance of risk form.

Name: _____

Address: _____

Phone: _____ Date: _____

I the above-named person, being of age eighteen, or legal guardian of the above named person who is under the age of eighteen, in consideration of the services of Calvary Chapel Concord, the payment by donation and shared cost for those services, and the right to engage in this event as a participant and/or volunteer, hereby acknowledge, agree, promise and covenant with Calvary Chapel Concord and all persons and entities, and release and discharge Calvary Chapel Concord on behalf of myself, my heirs, assigns, personal representative and estate.

I understand and acknowledge that the activity I am about to voluntarily engage in as a participant and/or volunteer under the arrangements of Calvary Chapel Concord bears certain known and anticipated risks which could result in injury, death, illness, disease, or damage to myself, my property, or to spectators or third parties and their property, including but not limited to: the hazards of descending white water rivers, travelling in mountainous terrain, accident or illness in remote places without medical facilities, the forces of nature, weather conditions, travel by air, train, automobile or other conveyances, consumption of food or drink, condition of roads, travel, waterways or terrain, and accidents connected with their use, first aid, emergency treatment, my own physical condition, contact with plants and animals, use or operation by myself or others of equipment supplied by Calvary Chapel Concord, latent or apparent defects or conditions in equipment supplied by Calvary Chapel Concord or other persons.

Being aware that this activity bears certain known and unanticipated risks as stated above. I agree to accept and assume all responsibility and risk and do hereby voluntarily release and discharge Calvary Chapel Concord, its agents, volunteers, or employees and all other persons or entities from any and all liability, claims, demands, actions, or rights of action, defense cost and attorney fees, injuries, death, illness, disease, or damage to myself, my property, spectators, or other third parties and their property, which are related to, arise out of, or are in any way connected with my participation in this activity.

I understand and acknowledge that by signing this document I have assumed responsibility and legal liability and will hold Calvary Chapel Concord harmless from any and all liability actions, debts, claims, and demands of every kind and nature what so ever which I now have or which may arise in connections with my trip or participation in any other activity arranged for me by Calvary Chapel Concord.

In the event any term or provision of this agreement is determined by a court of competent jurisdiction to be void or in any way against public policy, the remainder of the agreement shall be unaffected and remain in full force and effect. The prevailing party in any dispute arising out of the interpretation or enforcement of this agreement shall be entitled to recover costs and attorney's fees through all appeals and enforcement of any just reward.

My signature below indicates that I have read this entire document, understand it completely, and agree to be bound by its terms.

Signature of participant: _____ Signature of witness: _____

Signature of Guardian (if under age of 18): _____