



# Laurel Highland River Tours

## Whitewater Training Program

**Welcome to LHRT Whitewater Guide Training Program!** We are preparing for the 2012 whitewater season in Ohiopyle, PA. Upon completion of our program you'll be certified for the following positions:

- Whitewater raft guides/ Lower Youghiogheny
- Family Float section guides/Middle Youghiogheny
- Instructors: Kayaking( both whitewater & recreation)
- Base/Operation staff

We are looking for positive attitudes with a love for the outdoors. We want outgoing adventurous people that are willing to help our guests reconnect with nature and ENJOY their time with us! LHRT needs guides that will work weekends and holidays during the summer months. No experience is required. We start our training program at beginner levels in guiding skills and swift-water rescue. If you have no experience in rescues or guiding we **STRONGLY** recommend you attend all schedule training dates. All guides/trainees are welcome to join LHRT on any river trips with permission from the river manager on duty and/or the Trip Leader.

Guide Training dates will be split into two different phases. Phase II is **MANDATORY** for river guides candidates.

### Phase I Dates

April 14 & 15

April 21 & 22

April 28 & 29

### Phase II Dates

May 5 & 6

May 12 & 13

May 19 & 20

May 26 & 27

**Phase I description:** We will start the guide training program by shadowing a professional river guide. The water levels will determine which rivers we are paddling on that date. Phase I is designed to give you a feel for what it's like to be a river guide. Time will be spent on the water and in a classroom setting. There will be a minimum of one river trip per day, sometimes two or even three depending on the water levels. You will be introduced to river rescue skills, raft navigation, and river reading.

**Phase II description:** This part of training will be more structured and focused towards learning the mechanics of running commercial trips, advanced rescue techniques, evacuation methods and routes, and CPR/AED & Wilderness and Remote First Aid (WRFA) training. This portion of training is **MANDATORY** to become a guide on the Lower Youghiogheny Section. Your guide training will be complete after a total of 15 runs on class III +, CPR and WRFA are completed and a Trip Leader signs off on your performance.

**Guide Training Procedures:** We will begin each Saturday and Sunday at 9:00am at our Base in Ohiopyle, the Laurel Highlands Outdoor Center, 4 Sherman Street (across from the red brick church). Mornings will start with a classroom session then to the river to practice the skills discussed. We will try to end each day by 4pm. Most of your training will be down on the Lower Yough, however we will be traveling to other rivers and different sections depending on water level.

**Cost:** There is one time fee of \$50 dollars to enroll in our guide program. This fee will help pay for transportation costs as well as lunches provided throughout training. Our guide training program is valued at over \$500. You will be certified by the State of Pennsylvania to be a whitewater guide and receive certification in CPR/AED and Wilderness and Remote First Aid. You will also receive a guide PFD, river shorts and staff shirt upon completion of the training program.

**Guide Requirements:** Every candidate has to have a minimum of 15 runs on Class II-III. Current CPR certification and a level of care above standard first aid are required. We will provide a class for CPR/AED and Wilderness and Remote First Aid during Phase II of training. All guide candidates will attend these classes. We will exceed what Ohiopyle State Park requires for guides.

**Clothing and Weather:** Guide training begins when most people are putting away their skis, so yes it can be cold, but it also can be quite nice. Temperatures vary from 30 to 80 degrees, with snow, rain, sleet, and sun. Clothing is very important. Do not worry about spending lots of money on new river gear yet. We will provide neoprene wetsuits and nylon paddling jackets at no charge during your training.

Things to bring for river gear:

- Any wool, poly pro, or fleece.
- Rain pants and/or jackets.
- An old pair of sneakers or sandals for river shoes.
- Most ski gear can double in the river season to keep you warm.
- Any type of wetsuit you may have.
- DO NOT WEAR COTTON ON THE RIVER!

The completion of the guide training program does not guarantee a candidates position on the river. Employment is achieved through the successful completion of a skills test. Be prepared. Guide training is a physically demanding and a competitive scenario for Lower Yough positions. Our training provides a wonderful life experience, teaches you whitewater paddling skills and can be used as a great resume builder!

Please remember that this training program is only offered to those who are serious about RIVER GUIDE employment. We have several other positions available at Laurel Highlands Outdoor Center (reservation staff, outdoor retail clerk, check-in clerk, bike mechanics, and operation staff) and the Ohiopyle House Café (bar tenders, wait staff, and cooks) if guiding is not for you or you need more work.

**What do I do now?** If you have not completed your application do so and include the following:

- Resume & Application- <http://laurelhighlands.com/contact/employment.cfm> (available on website under *about us* tab go to *employment opportunities*)
- Cover Letter (please include any river, outdoor or camp/ group experience)
- Photocopy of driver license
- Copy of any First Aid/CPR
- Any certification you feel are important

**Questions:** Please email Patrick at [pnm.lhrt@gmail.com](mailto:pnm.lhrt@gmail.com) or call 1-800-472-3846 with any questions.

**Thank you for your time!**

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