

The UnOfficial “How-To” Guide to Being Outdoors at UVA’s Whitewater Advisor

This document exists in order to pass on the institutional knowledge of the Whitewater Advisors of the Outdoors Club at UVA. The goal is to preserve it over the years, should the time come when there is no member ready or willing to take control of this sector of the club.

Whitewater Advisors are responsible for managing all of the Club’s whitewater operations. This not only includes leading **at least 2** beginner trips/clinics a semester, but also being the “point person” for all whitewater-related inquiries. The advisor should also make themselves available to test potential trip leaders and actively recruit/train members to be future advisors. YOU are vital in keeping this sport alive.

Gear

All whitewater gear is housed in two large shipping containers in the upper parking lot of Carruthers Hall. Community member Dave Clark also has a few boats. Gear includes:

- Sit-on-top Torrents
- 3 canoes, 1 whitewater
- Whitewater kayaks (creek boats, play boats, river runners)
- 6 SUPs
- 3 surf boards
- associated accessories (helmets, skirts, dry tops, dry suits, wet suits, poogies, skull caps, dry bags, etc)

All gear should be documented in the ODC Gear Inventory Doc.

People

The following individuals have extensive knowledge of past club trips, protocols, and gear. Feel free to contact any and all of them for advice and direction (see contacts on website/facebook):

- Paddling Leaders: Emily Powell, Josh Brooks, Hannah Kessenich, Ned Ende, and Izzy Franklin
- Rafting: Audrey Stephenson

- Local Charlottesville paddlers and friends of the club: Dave Clark, Mike Kalanick, Josh Tracy, Tate Huffman, Joe Thompson

Rivers

Check out the American Whitewater descriptions of the following:

- i. Common local runs:
 1. James River in Richmond (both Upper and Lower on AW)
 - a. Put in at Reedy Creek for the Lower take out at 14th street
 - b. Put in at Pony Pasture and take out at Reedy for the Upper
 - c. See James River Homosapiens Facebook Group or AW for more information
 2. Rivanna (Market St to Shadwell on AW)
 - a. Can either run from Darden Towe Park in Pantops to Riverview Park or from Riverview or Darden Towe down to Shadwell (take out at Milton Landing)
 3. Maury: Goshen Pass (both Upper and Lower)
 - a. See AW/ Boaters of the 434/540 on Facebook
- ii. Other runs:
 1. Nelson County:
 - a. Tye, Piney, multiple steep creeks
 - i. See AW/ Boaters of the 434/540 on Facebook
 2. Great Falls of the Potomac:
 - a. See AW/ various Facebook groups
 3. Roanoke/ Blacksburg Region:
 - a. Bottom Creek, John's Creek, and many others
 - i. See AW/ Boaters of the 434/540 on Facebook
 4. West Va/ Pennsylvania/ Maryland:
 - a. New, Gauley, Yough, Lower Big Sandy, Cheat, Tygart, Blackwater, many others
 - i. See AW/ West Virginia Creek Visuals Facebook Group/ other FB groups
 5. North Carolina/South Carolina/ Georgia/Tennessee:
 - a. Green, Watauga, Wilson Creek, Tallulah, Nantahala, Pigeon, Ocoee and many many more
 - i. See AW/ FB
- iii. Popular Rolling Clinic Locations:

1. Darden Towe Park
2. Walnut Creek Park
3. AFC (Outdoor Rec sponsored)

Safety Guidelines and Protocol

Anyone leading a paddling trip on anything more significant than the Rivanna at flow below 1500cfs (there are two rapids on that stretch that are class II) should be able to comfortably paddle the Lower James (or similar class III runs) with a solid combat roll and prior trip leading and safety experience.

Such experience includes but is not limited to:

- 1) Basics of swift water rescue/ and accident prevention (i.e. teaching correct swimming position through rapids, dangers of foot entrapments, throw rope technique, etc)
- 2) Knowledge of how to teach rolling/ introductory paddling
- 3) Experience reading whitewater and scouting rapids both in and out of boat

***If you don't feel you have all of the necessary skills to lead a club trip then contact some of the people listed above and go paddle with them. Do NOT overestimate your skills and put Club members at risk.

SUPing:

- 1) Use officer discretion
- 2) Almost anyone can use SUPs on flat water or something like the Upper James below 4.5ft (class II)
- 3) Everyone using SUPs in moving water should have a knowledge of foot entrapments and how to avoid them
- 4) Everyone using SUPs should be wearing a PFD, or should at least have one on the board. Wearing a PFD and helmet is required for any whitewater SUPing. This is even true for Walnut Creek Park.

Tips & Hacks:

- Recruit interested members to be future whitewater advisors. Target first years and train them early
- Respond to all whitewater related emails in a timely manner
- Recruit officers to help you check-in, clean, and return whitewater gear