

## **Advanced Green River School Itinerary**

*Please note that our itinerary must remain flexible to adapt and adjust to the needs of our group or the water levels of the rivers planned. Details for daily events will be available no later than 24 hours notice and informed to all appropriate parties.*

### Monday - Tuckasegee River

- 7.30-8.30a | Early drop off
- 8.30a-9.00a | Drop off
  - AM Activity | Group Goals, Icebreakers & Full Value Contract
  - AM Activity | Gear & Safety
  - AM Activity | Basic Skills Introduction / Review
    - Whitewater Swimming
    - Paddle Strokes
    - Wet Exits and Rolling
    - River Safety
- 12.30-1.30p | Lunch & Hydration
  - PM Activity | Kayaking
    - River running
- 4.30-5.00p | Camp pick up

### Tuesday - Lower Green River

- 7.30-8.30a | Early drop off
- 8.30a-9.00a | Drop off
  - AM Activity | Land Based Rescue Skills
    - Rope Safety and Knot Tying
    - Mechanical Advantage Systems
- 12.30-1.30p | Lunch & Hydration
  - PM Activity | Boat Based Rescue Skills
    - Safe Swimming
    - T-Rescue
- 4.30-5.00p | Camp pick up

### Wednesday - Section IX French Broad River

- 7.30-8.30a | Early drop off
- 8.30a-9.00a | Drop off
  - AM Activity | Leave No Trace Principles
  - AM Activity | Kayaking
    - Group Awareness
- 12.30-1.30p | Lunch & Hydration (on river)
  - PM Activity | Surfing & River Play (potential skill split)
- 4.30-5.00p | Camp pick up

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## Thursday - Upper Green River

- 7.30-8.30a | Early drop off
- 8.30a-9.00a | Drop off
  - AM Activity | “Creek Boating” VS. “River Running” Discussion
- 12.30-1.30p | Lunch & Hydration
  - PM Activity | Kayaking (all skill groups)
- 4.30-5.00p | Camp pick up

## Friday - Pigeon River

- 7.30-8.30a | Early drop off
- 8.30a-9.00a | Drop off
  - AM Activity | Kayaking
    - Leadership
    - Team Building
- 12.30-1.30p | Lunch & Hydration (on river)
  - PM Activity | Kayaking (potential skill split)
    - Leadership
    - Team Building
- 4.30-5.00p | Camp pick up

Campers will participate in a variety of activities during the week, some of which they may get to try more than once. Counselors will be following a predetermined schedule of activities each day. The schedule can change throughout the day and week due to many circumstances including weather. If a group misses an activity due to weather, we will try to reschedule the activity later in the week. However, this is not guaranteed. The schedule of rivers that we plan to run can also change due to weather and water levels; an alternate and similar river choice will be made to run the day to a similar lesson plan.

**Challenge by Choice** – Our activities are “challenge by choice”, which means we will not make your child do any activity they do not wish to attempt; however, we will encourage them to try. If your child does not feel comfortable, we will do our best to have them participate in another activity with another group

