



IWLS

International Wilderness Leadership School

Argentina Whitewater Rafting 12 day Leadership & Guide Training



The Mendoza River rushes through Potrerillos and the Cacheuta Canyon on its way to the plains. The IWLS Argentina Whitewater Leadership & Guide Training course is an excellent opportunity for students to develop their outdoor leadership & rafting skills in the heart of South America. This course is designed to give student's a solid grasp on international travel, whitewater rafting expedition logistics, Swiftwater Rescue techniques and raft guide training among exciting Class III and IV rapids amidst a dramatic mountain landscape.

Course Location

The central Andes rise up dramatically from the plains of Argentina. The high desert of the eastern side, complete with towering granite spires, raging rivers and huge glaciated mountains, is a wilderness with limitless exploration and adventure potential.

The beautiful city of Mendoza, Argentina, just east of the Andes, is the starting and ending location for IWLS Argentina courses.

Experts in **Technical Instruction**
and **Outdoor Leadership Training**

1-800-766-3396

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A Division of Alaska Mountain Guides & Climbing School Inc.





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Course Goals

- Students will be able to demonstrate the ability to professionally deal with all aspects of emergency scenarios while in the field in an international setting.
- Students will be able to use and teach state-of-the art minimum-impact camping and travel techniques.
- They will be able to exercise good quality judgment and decision-making skills within a leadership position to avoid potential accident and survival situations and develop a comprehensive understanding of safety considerations in Argentina.
- They will be able to recognize their own leadership abilities and limitations within the context of a group. Students will be able to demonstrate the ability to make decisions and lead small groups in the whitewater environment of Argentina.
- Students will have a comprehensive understanding of risk management issues associated with guiding whitewater.
- Students will have preferred status for an employment position with IWLS upon successful completion of a leadership & guide training course.



A Typical Day

A typical day starts around 7am with breakfast and hot drinks. While water is heating you will most likely be preparing for the days' adventures. After breakfast we'll get ready to hit the river or hit the trail!

You will play an integral part of the expedition team by setting up camp, cooking meals, or carrying a portion of the group gear. You may be leader of the day, responsible for planning the day, accomplishing objectives, or facilitating a lesson plan.

The day's activities will vary depending on weather, location, and progression of the course. We may work on developing your technical skills set, learn about different leadership styles, or get an alpine start and climb a large peak in the area. Regardless of the day's activities, it will be full of learning and adventure.

Dinner could be anything from pasta to backcountry pizza. Students often walk away from our courses with a newfound love for cooking good and original food.

The day will finish with a debrief session where we'll discuss the day's events, what you learned, and how you'll be able to use your newfound skills in the near future.



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Course Curriculum

The International Wilderness Leadership Schools' educational model nurtures leadership development and creates an awareness of the guiding mentality that is essential for leading safe, fun adventures on the water. The combination of technical skills training, experiential education and practical leadership experience make the IWLS curriculum world class.

We believe that experiences drive our learning and therefore we use formal and informal classes taught by both instructors and students. Instructors are eager to help facilitate the learning process but ultimately, how much you learn will be dependent on the amount of effort you put into the course.

A detailed curriculum will be provided at the beginning of the course. Below is a partial list of curriculum points that will be covered throughout your course.

IWLS General Curriculum

- **Leader of the Day:** Opportunities to lead the group will be abundant and you'll have the time to learn and practice multiple styles of leadership.
- **Situational Based Decision Making:** Over the course of 12 days, we'll discover ways to make effective and safe decisions in the field.
- **Focused and "Big Picture" Awareness:** Learn to identify objective and subjective hazards in a backcountry setting.
- **Logistics:** Develop the ability to efficiently plan and pack for an extended expedition in the backcountry.
- **Communication Skills:** Learn to communicate to a wide variety of audiences and provide constructive and appropriate feedback during daily group debriefs.
- **Teaching and Lesson Plans:** You'll have the opportunity to develop lesson plans, teach in front of the group, and learn the importance of progressions for teaching technical skills and leadership.
- **Expedition Behavior and Group Dynamics:** As this course is a true wilderness expedition, interactions between group members need to be supportive and contribute to the efficacy of the group. Learn the finer points of teaching these facilitation skills.
- **Camp Set-up and Maintenance:** Mastering these essential skills will prove valuable whether you are pitching a tent in gale force winds or melting snow for drinking water.
- **Nutrition and Cooking:** A healthy diet is vital for maintaining energy throughout an expedition. Learn to appropriately prepare nutritional and tasty backcountry meals.
- **Navigation:** Learn how to take a bearing, read a topographical map, triangulate your position, and navigate in a whiteout.
- **Weather:** Will the storm arrive in the next 12 hours, or the next 48? Understanding weather patterns and trends will help you plan successful trips in a wilderness setting.
- **Leave No Trace® Ethics:** As adventurers in some of the most pristine environments on the planet it is our duty to respect the natural world.
- **Natural and Cultural History:** Having a strong understanding of cultural history, flora, and fauna is an integral part of leading people in an outdoor environment. You'll learn some of the botany, ecology, and geology that apply to this remarkable area.



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IWLS Whitewater Curriculum

- **Rafting Equipment:** From identifying a boat's carrying capacity and rigging a raft with appropriate lines to packing a throw bag and repairing a punctured thwart, you'll learn the ins and outs of whitewater rafting equipment.
- **River Rescue:** What do you do when you find yourself swimming in a Class IV rock garden? How do you extract a pinned raft from strong current? You'll learn and practice the techniques to carry out a safe and efficient rescue on the river.
- **Hydrology:** Rivers are a powerful force of nature. An understanding of river hydrology helps us to identify and assess features on the river for safe navigation. You'll learn the fundamentals of pourovers, eddies, holes, standing waves and more.
- **Maneuvering a Raft:** Whether in a paddle raft or an oar rig, the ability to steer a raft and avoid obstacles is vital for having a safe and fun rafting experience. You'll have the opportunity to practice both types of rafting and develop a strong skill set for maneuvering down a Class III/IV river.
- **Oar and Paddle Strokes:** Maneuvering the raft requires effective strokes. You'll learn and teach these skills as you practice your safety talks and captain a boat down the river.
- **Paddle Captaining and Commands:** The captain of the paddle raft communicates to paddlers how to maneuver the raft. Learning how to paddle captain requires managing a group of paddlers to provide a safe, fun, and rewarding experience on the river.
- **River Signals:** Generally, the roaring noise of a rapid makes it difficult to be heard. Learn and practice the signs and signals for effective visual communication.
- **Group Management:** Learn how to distribute resources for effective risk management, designate a lead boat for scouting and keeping the group together, and establish a sweep boat with critical rescue equipment



Journal Writing

Keeping a wilderness journal can help students to record, reflect, and gain from experiences throughout the expedition. The following are examples of topics that may be assigned throughout the course: First-Aid SOAP notes, incident management forms, leadership analyses, trip reports, lesson plans and decision making analyses.

Evaluation and Grading

Students who take this course for credit will receive a letter grade. Grading is a measurement of one's knowledge of material, participation, written and oral communication, and one's judgment and awareness. Students will be evaluated on their skills, level of participation, their knowledge and awareness of their own abilities as outdoor leaders, their level of judgment as applied to decisions, and written projects assigned during the trip. Students that don't take the course for credit will receive a written instructor evaluation in place of a grade.

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Certifications

Upon completion of the 12-day whitewater leadership course, students will be eligible for the following certifications:



12 Day Guide Training Certificate of Completion
International Wilderness Leadership School



Swiftwater Rescue Technician, Level 1
Rescue III International

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