



Middle Fork American River

1-Day Rafting | Trip Details

Before you leave home...

- ☐ Double check the meeting place, time and directions. It is imperative that every client shows up on times due to government regulations on when we can go rafting. We do not want you to miss your trip.
- ☐ Electronically sign your waiver (link provided in your confirmation email) or print and complete liability waiver located on the last page of this document. We will have extra copies of the waiver from, so don't let the waiver from bring stress into your life.
- ☐ Ensure that you are only bringing what is necessary for rafting! Family heirlooms, non-waterproof belonging, pets, and bad attitudes should remain at home as H2O Adventures LLC is not responsible for items lost or broken on the river.

Meet time and location...

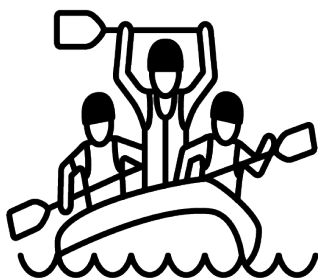
Plan to arrive 15 min early if you are not familiar with the area, will need to use the restroom, or would like to take pre-rafting Instagram photos. Refer to the confirmation email for your trips specific meet time.)

Raley's Supermarket
13384 Lincoln Way
Auburn, CA 95603

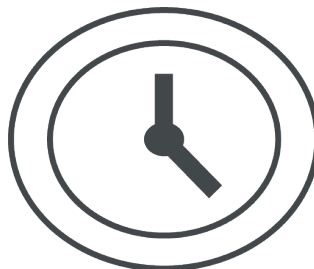
Meet in the parking Lot
 located **BEHIND** the
 supermarket

PLAN TO ARRIVE ON TIME

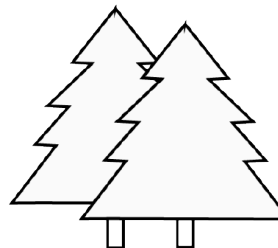
Guests who arrive late are at risk of being left behind. No shows as well as late arrivals can be subject to no reschedule credit and zero refund. Options to move to an alternative trip time are not always available same day.



2-6 Paddlers Per-Boat



Average of 7.5 hours



May - October

Classification of Rapid

II-IV

Intermediate/
 Adventurous First Timers

The next pages provide info on what to bring and what to expect

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What to bring...

- ☐ Shorts/Swimsuit - Can be worn as the only layer or underweight shorts/T-shirt. Depending on weather
- ☐ Footwear - No Flip-flops Please!
- ☐ Shirt - short or long sleeve. Cotton will stay wet for longer periods of time
- ☐ Hat - Most ball caps will fit under our helmets.
- ☐ Sunglasses with Strap
- ☐ GoPro/Waterproof Camera are welcomed
- ☐ Water Bottle
- ☐ Sunscreen and or lip/balm
- ☐ Tip for your Guide - If you feel as though they made your day special or even made you laugh once, a tip is always appreciated.



Spring/Fall Trips

Wet-Suits and Splash Jackets are provided for spring time or cold weather trips.

Wearing cotton is **NOT** recommended.

Fleece layering is your best option. A synthetic material that is heavier than polypro makes an excellent middle layer in cool or wet weather. Wool is also a good insulator.

Summer Trips

In summer, the biggest concern is sun protection. The Middle Fork is a great trip with ample time to float, get wet, and relax but there isn't a lot of shade. Please keep this in mind while preparing. Each boat will have extra water and a gear bag to put your water bottle and sunscreen into to keep it secure.

Attention!!!

If you have any medical conditions or allergies in which it is necessary to bring personal medicine with you (i.e. EpiPen, Inhaler, Medication Pills). Please let the trip leader know and they will be able to keep it in a safe and dry space on the raft during your trip.

Please do not bring too much. Remember that you should have a use for everything you bring down river. This helps limit the extra non-essential items.

Wallets, phones, rings, other electronics may be locked safely in your car.

H2O is not responsible for loss/theft of any personal items.

This includes anything you bring on river (i.e. camera, go pro, waterproof phone, etc.).

Please travel light and we will do our best to ensure your stuff stays safe for the duration of the trip.

The next page provides more info on what to expect

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Day of Trip.... What to Expect

H2O Adventures Will Provide

- ✓ Transportation to and from the river from the meeting location.
- ✓ Fresh lunch and beverages at lunch.
- ✓ Top notch guides, gear, and boats.
- ✓ Wetsuits and splash jackets are always free of charge if needed or requested for spring trips.

Participant Responsibilities

- * All participants will be required to follow the safety policies and procedures of H2O Adventures, along with abiding to state, local, and federal laws. Additionally all participants will be required to sign a Participant Assumption of Risk, Acknowledgement of Inherent Risks and Indemnity Agreement in favor of H2O

Guides

- * Each and everyone of our guides has a great passion for what they do. It is their job to ensure you have a safe, fun and memorable trip down the river. They are happy to help you in any way they can answer and questions you may have about the trip. Each guide on the trip is extensively trained in first aid and CPR as well as swift water rescue.

Questions????

- * We are here to answer any question you may have, big or small please ask away.

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Meals and Drinks on the River

- * Traditional lunch on the river, includes fresh fruits, chips and cookies for appetizers. A deli style spread is prepared by the guides on the trip which includes fresh veggies and an assorted variety of meats cheeses, & spreads.
- * If you or anyone in your group has dietary needs H2O Adventures can work with those needs and prepare meals to accommodate.
- * Meals Subject to Change

Cancellation and Travel Insurance

- * We strictly adhere to our cancellation policies as explained on your (or your group organizer's) invoice. Trip capacity is strictly regulated by law and your reservation may mean we cannot sell space to others. Because of this, Travel Insurance is strongly recommended. It can reimburse you if you make a late cancellation because of illness or an illness in the family. Otherwise you are welcome to find a friend to replace you. Please contact us if you would like more information on Travel Insurance or a copy of H2O Adventures cancellation policy.



@h2oadventures



H2O Adventures,
A California Whitewater
Rafting Co.



RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

This is a release. Read it carefully before signing. This release essentially states that I know I am going on a whitewater-rafting trip in a wilderness/outdoor environment not on an amusement park ride or to an air-conditioned shopping mall. As a result of the inherent risks in this activity, I know I may die, get hurt, or damage my belongings. If any of these occur, I understand that I cannot make a claim, sue, or expect H₂O Adventures LLC, its owners/members, officers, agents, employees, associates, the State of California, its Department of Parks and Recreation, the U.S. Bureau of Reclamation, Pacific Gas and Electric Company, Placer County Water Agency, and Sacramento Municipal Utility District (hereinafter referred to collectively as H₂O Adventures LLC) to be legally responsible or pay for any damages.

ACKNOWLEDGMENT AND ACCEPTANCE OF RISKS: I, the undersigned, hereby acknowledge that I have voluntarily chosen to go on this whitewater-rafting trip with H₂O Adventures LLC. Certain risks are inherent in any recreational activity and cannot be eliminated, altered, or controlled, and these risks that contribute to the unique character of the activity can also be the cause of injury, illness, death, and damages. I know and fully understand that a whitewater rafting trip, whether on a raft, oar boat, kayak, or any other type of vessel, is an outdoor adventure activity in wilderness environment with inherent risks and hazards where serious accidents can occur, participants can die, sustain injuries and property damage. Also, I understand that Class IV and V represent the most difficult and dangerous levels of whitewater and recognize that the risks associated with whitewater rafting are greatly increased.

- I acknowledge and willingly assume all risks and hazards in whitewater rafting and river-related camping from the pre-embarkation rendezvous until the conclusion of the trip, including, but not limited to, (1) loss of control of the raft, falls in, out, or about the raft, collision with other participants, equipment, other rafts, rocks, trees, and any portion of the interior of the raft, and any other man-made or natural obstacles, whether obvious or not; (2) judgment, decision-making and conduct of the guides; (3) submersion in water, drowning; (4) encounters with animals, wildlife and insects; (5) exposure to wilderness environment, extreme temperatures, and inclement weather, remote areas, wilderness terrain, including travel by foot or vehicle in any way related to this activity, whether at camp or elsewhere; (6) assistance in lifting and/or carrying rafting equipment; (7) rescue-related injuries; and (8) unavailability of immediate and appropriate medical attention in case of injury.
- I further understand and acknowledge that H₂O ADVENTURES provides foot cups in some of its boats to assist participants in stabilizing themselves. The use of foot cups may present an increased risk of knee, ankle, or other injuries because of their restrictive nature. Use of foot cups is totally voluntary.
- I understand and acknowledge that the above list is not complete or exhaustive, and that other risks, known or unknown, anticipated or unanticipated, may also exist and result in injury, illness, disease, death or damage. My participation in this activity is purely voluntary and I elect to do so at my own risk.

RELEASE: In consideration for H₂O Adventures LLC allowing me to participate on this trip, I voluntarily agree to release, discharge, and hold harmless H₂O Adventures LLC and for any and all claims of liability arising out of their negligence, fault, recklessness, or any other act or omission which causes the undersigned illness, injury, disease, death, and damages of any nature in any way connected with my participation in this rafting activity. I also expressly agree to release and discharge H₂O Adventures LLC from any act or omission of negligence in rendering or failing to render any type of rescue, emergency or medical services. In signing this document, I fully recognize and understand that if I (or any minor on whose behalf I am signing this release) am hurt, die, or my property is damaged, I am giving up my right to make a claim or file a lawsuit against H₂O Adventures LLC, even if they negligently or by some other act or omission cause the injury or damage.

- I further agree, to hold harmless, defend, and indemnify H₂O Adventures LLC from all defense costs, including attorney's fees incurred in connection with claims for bodily injury, wrongful death, or property damage, sustained by any minor under 18 years of age on whose behalf I am signing, or which I may have caused to spectators or other third parties, whether negligent or not, in the course of my participation in this activity.

Name (Please Print) _____ **Date of Birth** _____

Address _____

Email _____

Rafting Date _____ **River** _____

Are you older than 18? Y or N

If no, accompanying adult sign here _____

Signature _____ **Date** _____

