

Map Activity

Follow the instructions to complete the activity.

NAME

DATE

Using the information on pages 24–25 of the book, fill in the blanks with the name of the whitewater rafting river found at each location. Use information found in the book and research online to briefly explain why each location is important or unique.



1

2

3

4



Extreme Adrenaline

Whitewater Rafting

Reference: Pages 24–25

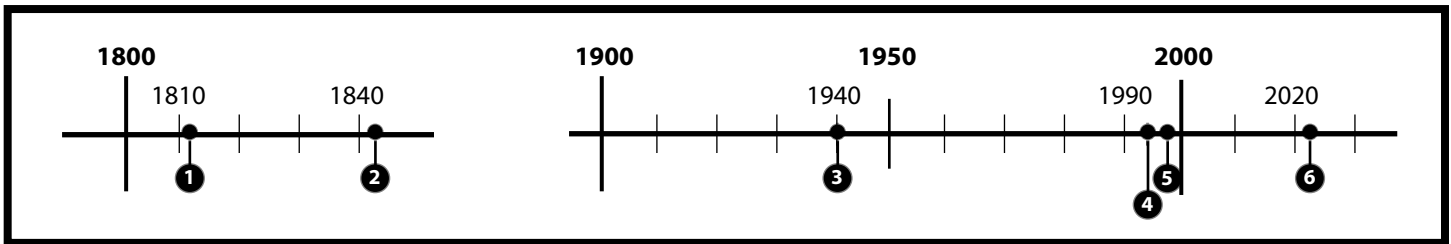
Timeline Activity

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Number the events below in the order they would appear on the timeline. Write the number in the box beside each event.



Horace Day and Lieutenant John Frémont build the first rubber raft.

The first commercial whitewater rafting trips take place on the Snake and Salmon Rivers.

The rules for raft racing are created, then finalized when the first World Rafting Championships are held on Costa Rica's Reventazón and Pacuare Rivers.

A group tries to travel down the Snake River in the United States but fails. As technology develops, the river eventually becomes a popular place to whitewater raft.

Lee Porter helps found and lead the International Rafting Federation (IRF). The group unites rafting communities from around the world.

The World Rafting Federation (WRF), an organization that broke off from the IRF, holds its World Rafting Championships in L'Argentière-la-Bessée.



True or False

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Using the information in *Whitewater Rafting*, verify whether the following information is true or false. Check your answers in the book. List the page number where you found your information beside your answer.

Statement 1

At rafting competitions, teams compete on courses that are marked out on a river with floating buoys or hanging markers.

☐

True

☐

False

Page
Number

Statement 2

The Columbia River is considered too dangerous of a place to whitewater raft safely to this day.

☐

True

☐

False

Page
Number

Statement 3

The IRF is the only company around the world that trains raft guides.

☐

True

☐

False

Page
Number

Statement 4

Amateur rafters have set records by taking part in large events.

☐

True

☐

False

Page
Number

Statement 5

A river's flow may be weaker in the spring due to melting snow and ice.

☐

True

☐

False

Page
Number



Fill in the Blanks

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Use the information found in *Whitewater Rafting* to fill in the correct words and complete each sentence.

1. River water may be freezing cold from or warm enough to swim in.
2. Competitive whitewater rafters usually train as a .
3. Many rafts used for whitewater rafting today are self-.
4. As rafting teams become more experienced, they can compete in bigger events such as national and world .
5. As a raft bumps up and down, the rafters need strength and control to keep their .
6. Cold-weather rafters wear jackets or .



Using information from the book, select an answer from the right and write the letter in the box beside the statement.

1. There are this many levels of whitewater.

A. 1,628

2. A 12-person whitewater raft can hold more than this many pounds without sinking.

B. 10

3. In July 2015, this many people participated in a single race on Japan's Kitakami River.

C. 2,000

4. Whitewater rafts are usually more than this many feet long.

D. 90

5. In 2020, the U.S. Men's Rafting Team traveled through the Grand Canyon using an inflatable raft. They were able to beat their previous record by nearly this many minutes.

E. 6



Key Words Match-Up

Write the words from the list below in the box above the correct definition for each word.

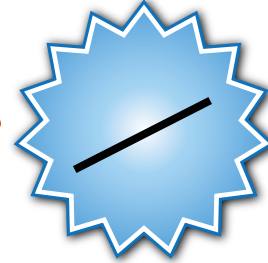
NAME

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KEY WORDS

blades	inflatable
buoys	rapids
commercial	rescue
equipment	sprint
fins	wetsuits

Your Score is



=

%

1.

something done in order to make money

2.

to save someone from danger

3.

flat rubber objects worn on the feet to help a person swim

4.

moving as quickly as possible

5.

bright-colored objects that float in the water

6.

fast moving, shallow water. Also called whitewater.

7.

the items people need to do a specific task

8.

suits worn in water to keep a person dry

9.

able to be filled with air

10.

the flat parts at the ends of paddles



Quiz

Test your knowledge by answering these quiz questions.

NAME

DATE

1

What is whitewater?

2

Where were the first World Rafting Championships held?

3

How many levels of whitewater are there?

4

What safety equipment must someone have to whitewater raft?

5

When was the IRF's GTE System developed?

6

Who helped found the International Rafting Federation?

7

What is a head-to-head race?

8

When was the record for the largest raft race set?

9

Who was the first woman to raft the Grand Canyon?

10

How is a kayak paddle different from a rafting paddle?

