

Know Your Equipment

Follow the instructions to complete the activity.

NAME

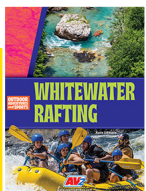
DATE

Using the information found on pages 6 and 7 of the book, label each piece of equipment shown below. Identify its purpose and explain why it is important.





Wet Suit Raft Life Jacket Sun Protection Helmet Paddles



Outdoor Adventures and Sports

Whitewater Rafting

Reference: Pages 6–7

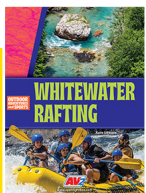
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Use the information found in *Whitewater Rafting* to fill in the blanks below.

1. The International Scale of River Difficulty sorts river rapids into different classes.
2. Flowing from Lake Victoria, the Nile is a tributary of the Nile, the world's longest river.
3. Sportyaking is a combination of rafting and .
4. It is common for whitewater rafting paddles to have a -shaped grip.
5. Meriwether Lewis and Clark used wooden rafts for their famous expedition.
6. Whitewater raft racing has four disciplines. These are sprint, , downriver, and head-to-head.



True or False

Follow the instructions to complete the activity.

NAME

DATE

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

Statement 1

The green waters of the Futaleufú River flow from glacier-fed lakes in the Andes Mountains.

- ☐ True
☐ False

Page
Number

Statement 2

Rafting made its Olympic debut at the 1972 Summer Olympic Games in Munich, Germany.

- ☐ True
☐ False

Page
Number

Statement 3

Most kayaks are tandem kayaks, which are built for two people.

- ☐ True
☐ False

Page
Number

Statement 4

Rafts made of wood or reeds could break easily in rapids.

- ☐ True
☐ False

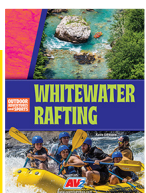
Page
Number

Statement 5

Class VI rapids are nearly impossible to navigate, even for expert rafters.

- ☐ True
☐ False

Page
Number



Identify the Adventure

Follow the instructions to complete the activity.

NAME

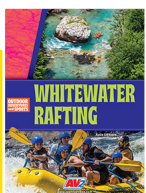
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Using the information found on pages 14 and 15 of the book, label and briefly describe each outdoor adventure shown below.





Stand-Up Paddleboarding Kayaking Black Water Rafting Sportyaking



Outdoor Adventures and Sports

Whitewater Rafting

Reference: Pages 14–15

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Write a Letter

Follow the instructions to complete the activity.

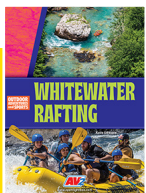
NAME

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Imagine you are on a whitewater rafting adventure at any one of the four sites featured on pages 16 and 17 of the book. Write a letter to your family describing your trip. What sights have you seen? What activities have you done?



Name of Location:



Quiz

Test your knowledge by answering these questions.

NAME

DATE

1 Who governs whitewater raft racing in the United States?

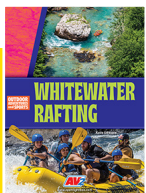
2 Why might a guide use the command “high side”?

3 Which classes of rapids are considered advanced?

4 Where does the name “whitewater” come from?

5 What should rafters do if they fall out of the raft?

6 How many people fit in a paddle raft?



Key Words Match-Up

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

NAME

DATE

KEY WORDS

bailed
core
fabric
inflatable
obstructions

outside line
rapids
riffles
spelunking
turbulent

Your Score is  %

1.
cloth or another material made by weaving together fibers or threads

2.
a succession of small waves

3.
a rope going around the outside of the raft

4.
removed water from a raft, often by scooping it out with a bucket

5.
the practice of exploring caves

6.
obstacles in the way

7.
able to be filled with air

8.
agitated or tumultuous

9.
the middle of the body

10.
shallow parts of rivers where rocks are exposed and fast-moving water creates waves

