



20 Ground Rules For Team River Runner Clinics

1. Have One clear TRR National clinic "final say" leader.
2. Establish in writing, and state to guides and participants the weeks goals.
3. State and provide expectations for personal behavior for guides and participants.
4. Clearly state off water duties and assignments
5. Ask and determine dietary needs prior to trip.
6. State TRR has a no firearms policy at any TRR event. (yes it has happened).
7. State your alcohol policy; suggested is a maximum of 2 beer a day.
8. State the correct use and storage of prescribed medications.
9. State the consequences of abuse of meds or alcohol; having to sit out the day and not paddle.
10. Remind guides and participants that they are apart of a national program that could be impacted negatively by poor choices and actions on their part. They are representatives of TRR to the community.
11. State and provide a transportation plan; we all go and come together as a team.
12. Provide a general schedule for the week in advance to guides and participants
13. Each evening, talk about the next days schedule, adapting from the week schedule as required
14. Choose your guides so that they paddle one level above your participants.
15. Guides should always be working towards the goals of the clinic.
16. Each morning before water session provide a quick "this is what we are working on".
17. At the end of each day, share with the participant what they did well, and wrap up "improvement ideas".
18. At the end of the week provide a "take away for each participant" on what they accomplished and what to keep working on.
19. If possible have a pre-clinic day for guides to boat the water and go over planned instruction.
20. Have each guide and participant sign the clinic "contract".