

## Safety Talk outline

Intro (Names of guides, overview of day)

staying in the boat = fun

weight on feet, lean forward, paddle aggressively

paddle "T"

fall out

hold onto paddle

know what's downstream and where is your boat (quickest exit)

extend paddle "T" for extra length

how to pull back in

under the raft

raft flips

out from underneath

downstream side = danger

guide responsibility

swimming in river

active self rescue

head up + eye on the prize

throw hands at destination

kick your feet

swimming with paddle

where swimming

your raft, shore, another raft, eddies, rock in the river, hand signals

(positive, eddies, OK?)

swimming toward shore + foot entrapment + climbing out of the river

defensive swimming

over horizon line

big rock

really big and scary

strainers

avoid

if can't

holes

swim to sides

ball or spread out

RELAX!!!

stuck on rock in river

throw bag

throw bag when floating downstream

Most issues start with heat related issues

hydrate

cool off/warm up

Recap - stay in the boat! Paddle T, walking on shore/getting in/out of boats

## **Paddle talk outline**

how to sit

hold the paddle

T = danger

commands + technique

forward, back paddle, right/left turn, stop, over right/left, get down,

back-on-the-job

paddle together

lead paddlers

don't follow the tube when in the front of the boat

paddle until you hear stop

## **Personal Gear**

life jacket - high float is best. 22 to 26 lbs of floatation

whistle - fox 40

knife - attaches securely

flip line with locking carabiner

helmet - doesn't fall over eyes, has good coverage

shoes - 5.10's by far the best for running around on rocks

socks to prevent blisters

sunscreen + lip balm

sunglasses - polarized with strap

cold

wetsuit (farmer john) + paddle jacket or dry top

add paddle pants to make way warmer

4/3 surf wetsuit

drysuit

skull cap

warm

sun hat

longsleeve top that is SPF 50

sun paws - protect your hands

mesh bag

drybag

holds everything except tent

even better if it holds tent

day dry bag

water bottle with strap and locking carabiner