

SAFETY PROTOCOL - PADDLER

1. Eat & hydrate well the day before the voyage.
2. Be well rested.
3. Give the boat captains your full attention on safety briefings.
4. Know where the first aid, pfd's & other important items are.
5. Pack day gear so it is easily accessible.
6. Leaders give 5-minute call to crews & canoe.
7. Paddlers will work in a "buddy system."
8. Call your seat # as you jump from boat - don't jump on each other & stay together at all times.
9. Support the canoe on the iako until your seat is open.
10. Leave room for paddlers to "exit" canoe & assist those who need help getting in, before getting in yourself.
11. After "exiting" the canoe, assist holding the iako until the steersman calls for the release!
12. Again...always stay in a group...count heads! Face the boat with a hand up & wait for boat to throw line.
13. If using throw line, pass it back until last person has a hold, before calling to boat to pull. Or hand over hand line.
14. Call "clear or neutral" to captain before approaching.
15. Always stay clear of screws (prop). Exit one at a time & don't get in front of ladder until it's clear above.
16. Make sure everyone is accounted for, hydrating, eating.
17. Unless it's calm...canvas must be zipped up at all times.
18. Make sure shirt is not caught in zipper & neoprene is up.
19. Do not exchange paddles between canoe & boat-use or exchange only what is in canoe unless previously arranged.
20. "Voyage float plan" shall have:
 - a. Crew names, email, contact #'s
 - b. Emergency contact & #'s (land)
 - c. List of medications or health issues (ie: diabetic, food allergies)
 - d. Voyage dates & time frame.
 - e. Name and contact # of land person with "floatplan."
21. SAFETY IS #1...know your limits, express your concerns, look after each other and listen to captain.

PLEASE NOTE:

- Any special drink, food or medicine should NOT be introduced to other paddlers.
- NO illegal drugs or alcohol will be allowed on voyage.
- Paddlers with signs of being under the influence will NOT be allowed to participate.