

TRIP PROCEDURES AND RECOMMENDATIONS FOR PARTICIPANTS

1. Register with trip coordinator several days in advance. If you must cancel, notify trip coordinator as soon as possible. Otherwise people might be waiting unnecessarily at the meeting point.
2. Find out nature of and difficulty of trip and equipment required. Supply all requested information.
3. Provide necessary equipment; make a checklist. Lack of necessary equipment leads to inconvenience at best and may create unsafe conditions for yourself or others.
4. Be sure you know exactly where the meeting place is, and be on time. Normally leaders will wait up to 10 minutes only.
5. Trip coordinator decides who goes on trips and sets rules. All participants must comply.
6. Cooperation is essential for car pools, shuttles, portaging, loading/unloading, etc.
7. Trip coordinator designates a "Lead" and a "Sweep" boat. Group must stay together, keep same pace, not pass lead boat or fall behind sweep. Always keep the next boat ahead or behind you in sight. Hold up if necessary, and signal that you are doing so. You are responsible for assisting, waiting, indicating best passage through rapids, rescue, etc. for the boat behind you.
8. Don't crowd boat ahead of you in fast water. Allow room for back-paddling or ferrying.
9. Know & practice proper techniques and procedure:
 - a. WEAR your P.F.D. (Required).
 - b. Kneel in canoes when paddling fast water and rapids.
 - c. Paddle on opposite sides using proper strokes when paddling tandem canoes.
 - d. Waterproof & tie in all gear. Carry a spare paddle.
 - e. Have a bailer & sponge.
 - f. Bring knee pads, hat, sunglasses, change of clothes in dry bag (double garbage bags work fine), secure your car keys, put croakies on your glasses, bring rain gear, wear old sneakers or river footwear.
 - g. Provide a lunch & beverage; On hot days, bring sufficient drinking water.
 - h. Have a First-Aid kit handy. Know how to use it.
 - i. Carry a rescue line or throw bag and whistle. Know how and when to use them.
 - j. Equip boats with painters (ropes) that float, at bow & stern, each at least as long as boat and 3/8 in. (or more) in thickness so that they are easy to hold on to.
10. Make sure trip coordinator knows if you can't swim, or of any medical problems you might have.
11. Respect property owners' rights. Don't litter. Be courteous to fishermen and others.
12. Plan to stop & play at rapids (when group does) -- try eddy turns, forward ferries, going through chutes bow upstream (backwards). You'll find you'll have more fun while learning much more.