

NSRWA's Guidelines for Paddling Safety

Thank you for participating in NSRWAs activities. We hope you will have a most enjoyable experience. In order to enhance the educational opportunities and facilitate a safe and enjoyable paddle we have adopted the safety guidelines below.

Item	Recommendation	Comments
PFD	required	No exceptions. All participants and all occupants in all vessels must wear PFDs (life preservers) at all times while afloat.
flotation	required	a kayak with bulkheaded compartments or flotation bags in bow and stern is required. Inflatable airbags or bubble wrap material work well.
pump	required	if your kayak/canoe capsizes it is necessary to be able to pump out water in order for it to stay afloat
whistle	highly recommended	a whistle or other sound producing device
skills	highly recommended	you should be able to: enter and exit your boat from the shore; exit and enter your boat in deep water; return to your boat unaided after capsizing. Our trips are not appropriate for first time paddlers unless otherwise specified. Be familiar with your equipment. You are responsible for your own safety.
fresh water & light snacks	highly recommended	for any trip lasting more than 2 - 3 hours
lights	recommended	a headlamp or a waterproof flashlight for our sunset paddles
dry clothing	recommended	a change of clothing and a towel in a waterproof bag and a dry bag for wallet, keys, etc.
other clothing	recommended	sunscreen, hat, shoes/sandals that can get wet - dress appropriately for the weather
cell phone	recommended	in case of medical or other emergency
paddle float	recommended	although you will be paddling with others
paddle leash	recommended	this ensures your paddle will not be lost
first aid kit	recommended	if you have had proper training in its use

It is highly recommended that if you have allergies, medical conditions or are taking prescribed drugs that you consult with your physician before participating in our paddles.

We discourage taking young children on paddles (under 10). Children must be accompanied by an adult.

Please leave your pets in the safety of your home.

We reserve the right to exclude participants if their actions compromise the safety of others.

Alcohol use is not permitted on our paddles.

Pre-registration is required. No on-site registration, with the exception of the Great River Race.