

Comprehensive Trip Leader Safety Brief

Required things

- 1) Boat
 - a) Make sure you aren't flopping around
 - b) Make sure you can wet exit. Everyone will wet exit. No exceptions.
 - c) Has flotation. If you don't have flotation in your boat, we can't be friends anymore.
 - d) Secure your stuff. We rescue you. Not your sandwich. If you want lunch, make sure its tied into your boat.
- 2) Paddle.
- 3) PFD – Class III or V US Coast Guard Approved PFD
 - a) Must wear anytime you are on the water. No exceptions.
 - b) Proper fit snug.
 - c) Make sure bottom strap is tight.
- 4) Helmet – Whitewater Helmet
 - a) Must wear it any time you are on a whitewater river
 - b) Proper fit
 - i) Not too loose
 - ii) Not too tight
 - iii) Should not obstruct vision
 - iv) Should not expose your forehead
- 5) Skirt
- 6) Water for a full day, well on the water.

Clothing

- 1) Dress for the swim
 - a) What not to wear: Cotton. You will get wet, then you will get cold, and then you will die. Don't wear cotton on the river.
 - b) What to wear: Wool, Neoprene, Poly, other quick drying materials.
- 2) Closed-toe shoes. Anyone here from West Virginia? No? Good! I won't have to explain what shoes are. That should save us a good 15 minutes.

River Hand/Paddle Signals

- 1) OK? Question and answer
- 2) Go
- 3) Stop
- 4) Point in the direction of safety
- 5) NEVER POINT TO A HAZARD

River Whistle Signals

- 1) ONE BLASTS -- HEY
- 2) TWO BLASTS – UH OH
- 3) THREE BLASTS – OH [insert your preferred four-letter word]!!!
 - a) If you hear three whistle blasts, eddy out on the side of the river and await further instructions
 - b) If you blow your whistle three times, it's because you or someone else is in need of serious help.

How to swim in whitewater

- 1) Remain calm
- 2) Nose and toes
- 3) Hold on to your paddle. Please. We hate chasing paddles, and it's kind of hard to paddle a river without, well, a paddle.
- 4) Safe Eddy Rule

How to receive a rope

- 1) Thrower will yell, "Rope!"
- 2) Firmly grab the rope with both hands.
 - a) DO NOT grab the bag of rope
- 3) Pull the rope down to your waist
- 4) Make sure the rope is on the shoulder closest to the middle of the river
 - a) If you are getting a face full of water, try the other side
- 5) Arch your back
- 6) Enjoy the ride
 - a) DO NOT wrap the rope around your hand.
 - b) DO NOT wrap the rope around your neck.

Hazards

- 1) You
 - a) No alcohol or drugs.
 - b) Know your limits
 - c) Don't do anything you think is unsafe
 - d) Challenge by choice
 - e) Let your instructor and support boaters know about any medical conditions and where to find medicine to treat those conditions, like an epi-pen.
- 2) Stay away from commercial rafts and fishermen.
 - a) Commercial rafts will run you over. It's best to avoid them altogether. If you are about to get run over by a raft, try to pull yourself up into the raft.
 - b) Fishermen have bad river karma. They will blame you if they aren't catching anything. Stay away from them – don't give them a reason to send bad vibes your way.
- 3) Rocks – stay away from them. They hurt.
- 4) Strainers
 - a) Trees or branches in the water.
 - b) Avoid them.
- 5) Wildlife
 - a) Look before you reach.
 - b) Insects, Snakes and other sundry animals: Don't touch them.
 - c) Plants: Don't touch them.
 - d) If someone didn't drop it. Don't touch it.
- 6) Weather
 - a) Wear sunscreen and/or SPF rated clothing
 - b) Today's weather outlook is: _____ High _____ Low _____
 - c) Lighting – We will not paddle within 30 minutes of the last observed lighting. Get off the river and try to avoid tall trees.
 - i) Assume the position.
 - (1) Place skirt on the ground
 - (2) Make a low profile

WE ARE GOING TO HAVE A GREAT DAY ON THE RIVER.