



## Frank's Livery Paddling Ethics, Safety, and Etiquette

The number one goal of Frank's Livery is to make sure you stay safe while having fun. When approaching other paddlers, make sure to give them enough space and respect. We want everyone to have fun and be respectful of others' recreations. This is for everyone's safety.

Never paddle alone is the first and foremost aspect of paddle sports safety. Everyone in the paddling group should do their very best to remain in sight of each other and within range to be verbally contactable. The safety of the paddling group can be thought of and broken into three color-coded categories:

- Green: Everyone in the group is within sight and is verbally contactable
- Yellow: One of the above criteria is not currently factual
- Red: Both of the above criteria are not met.

Efforts to remain in the green category should be taken by all members of the paddling group.

Rivers are ever-changing system with inherent dangers. While most of the White River and Fall Creek may be calm, we must treat every waterway with respect and be prepared for any instance that may occur. Here are some tips to help you safely enjoy your time on the water:

- Never paddle alone.
- Have a properly fitted lifejacket (Personal Flotation Device—PFD), and ALWAYS WEAR IT!!
- Always file a float plan – tell someone where you are going and when you expect to return.
- Check weather forecasts and water levels before getting on the water and be prepared.
- Don't drink alcoholic beverages while paddling – alcohol impairs your coordination, balance, and decision-making capabilities that you need to control a canoe, kayak or SUP.
- Wear protective footwear (such as river shoes or old sneakers) to protect your feet from sharp rocks and/or other debris. Be careful to avoid shoelaces catching in or on the boat.
- Carry drinking water, sunscreen and insect repellent.
- Ensure that one member of your party is carrying a mobile phone in a waterproof container with GPS and emergency services capabilities.
- When possible, stay on the inside of bends in the river – Beware of *strainers*: Strainers are fallen trees, bridge pilings, undercut rocks or anything that allows the current to flow through it while holding you down. Strainers are deadly!
- Know your emotional and physical capabilities.
- Group members need to constantly assess the behavior of others in their group.
- Walk around / portage any and all dams.
- Respect the rights of anglers and land owners. Don't interfere with recreational activities of others.
- Learn re-entry techniques BEFORE you need them, know how to re-enter your boat and how to assist others back into their craft.



- Do not stand up in a canoe or kayak and avoid weight shifts that may cause capsize. Whenever possible, keep points of contact with the boat when moving.
- Never tie anyone in, or to, the craft. Avoid having loose rope in, or dangling from, your boat. It can rapidly become an entrapment hazard.
- Pay attention to signs and safety warnings.
- Never litter, and always pack out trash.
- Never use private property without permission.
- Never engage in lewd or inappropriate behavior.
- Designate a “sweep” boat to remain in the rear of the group to assist others and ensure that no group members are left behind.
- If a water related medical emergency occurs, follow the Red Cross’ *Chain of Drown Survival*:
  - Recognize the signs of someone in trouble and shout for help.
  - Rescue and remove the person from the water (without putting yourself in danger).
  - Ask someone to call emergency medical services (EMS) by dialing 9-1-1. If alone, give two minutes of care and then call EMS.
  - If certified in CPR, Begin rescue breathing and CPR.
  - Use an AED if available and transfer care to advanced life support.