

National Canoe Safety Patrol

“Safety Orientation Talk”

**** YOU ARE RESPONSIBLE FOR YOU ****

INTRODUCE: Yourself, Lead Boat, Sweep Boat

WEAR YOUR LIFE JACKET - fastened. It breaks falls, keeps you warm, (or cool if kept wet). It can save your Life on a bad day. Wear shoes. Use good judgment; no drugs or alcohol; dress for the weather and water.

WARM UP with pull & push strokes

PRIVATE PROPERTY. Out of your boat, you are likely trespassing.

WATCH FOR STRAINERS (that let water pass but trap you like a sieve.) Stay to the inside of creek bends. Avoid bridge piers, fisherman, downed tree, other boats. (Nothing good ever comes from hitting them.)

HUG WHAT YOU HIT. If you lean away your boat will flip. It's a rule.

TIE YOUR GEAR. SECURE KEYS.

CANOES FILLED WITH WATER weigh the same as a Honda Civic. Stay up stream. To empty a swamped boat:) (Upside down) Put nose on shore and lift up the other nose

SWIMS turn on your back, knees bent, feet downstream. Paddle to shore. Do not stand or walk in water above your knees.

RIVER SIGNALS - . Help, Stop, Here, Right Left, OK, Whistles

ANTICIPATED RIVER FEATURES – strainers, bends, dams, ledges, weirs, fences, portages, bridge piers, rocks, rapids,

ANOMALIES – pins, entrapments, health limitations, separations, blisters.