

PADDLE SAFE HAVE FUN!



WAYS TO PADDLE SAFELY

1. Always Wear Your Lifejacket
2. Keep Your Balance
3. Never Paddle Alone
4. Practice the Wet Exit
5. Don't Get Left in the Cold
6. Don't Paddle Under the Influence of Drugs or Alcohol
7. Plan Ahead
8. Take a Course



PADDLE SAFE-HAVE FUN

ALWAYS WEAR YOUR LIFEJACKET

Wear a properly fitting U.S. Coast Guard approved lifejacket at all times while on the water.

KEEP YOUR BALANCE

Learn how to enter and exit your boat safely and stay low in your boat when possible. Don't overload your boat. Distribute passengers and secure gear evenly.

NEVER PADDLE ALONE

Companions can come to your aid if you get in trouble. New paddlers should paddle with someone more experienced - it is a great way to learn.

PRACTICE THE WET EXIT

Learn how to get out of, hang on to, and re-enter your capsized boat.

DON'T GET LEFT IN THE COLD

Dress for the weather conditions and water temperature, and be prepared for cold-water immersion. Hypothermia is a danger at any time of year.

DON'T PADDLE UNDER THE INFLUENCE

Do not use drugs or alcohol before or while paddling- this impairs the coordination and balance you need to control a canoe, kayak, SUP, or raft.

PLAN AHEAD

Know where you're going, know the tides, current, water level, and weather of the body of water you're paddling. File a 'float plan' and leave with a trusted friend or family member, so that someone knows where to find you and when you plan to return.

TAKE A COURSE

Learn essential information and practice paddling and rescue skills by taking an on-water class from an ACA instructor.

www.americancanoe.org

www.safeboatingcampaign.com

