



CHALLENGE AND ADVENTURE ACTIVITY

OPEN WATER/CLOSED WATER: RUNNING OR SMOOTH

- Research course/paddling area to make certain there are no warnings or potential hazards. Recent storms and other environmental hazards can render a waterway impassable.
- Check weather for air temperature, potential precipitation and surf conditions.
- Check equipment:
 - Survey boats for damage, cracks or broken parts.
 - Check that PFDs are intact and not older than 5 years. All PFDs must be Type I Coast Guard approved.
- Be familiar with rescue technique.
- Carry emergency food, water, and clothing (in the vehicle along with a sleeping bag or some kind of emergency blanket).
- Repair kits for the type of vessel/board: duct tape, screw driver, aqua-seal, and patch kit.
- Activities should be preceded and accompanied by discussion of changing safety considerations (e.g., before a row/paddle begins, on the water, in the van).
- Continually evaluate course/paddling area for potential hazards (floating debris, wind, fishermen, boats, potential thunderstorms or heavy precipitation).
- Continually monitor group members for hypothermia, energy levels, and boat/board safety.
- Be aware of group members' changing physical, mental and social condition. As problems develop; take appropriate action as soon as possible. Adjust boat partners for optimal safety.
- Carry a throwable device (designed for rescue), such as a throw bag with floating line, tube or can.
- Be aware of what group members have with them (e.g. clothing, gear, personal items).
- Teach and practice proper LNT¹ components.

References

1. Leave No Trace Center for Outdoor Ethics: www.LNT.org
2. American Camping Association Standards – 2012/updated 2014

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