



SAFETY SERIES

www.americancanoe.org

COLD WATER SURVIVAL

Cold water is extremely dangerous. It quickly robs the body of its strength, diminishes coordination and impairs judgment.

1. PREVENTION & PREPAREDNESS

- **Plan ahead and prepare:** Know the water temperature and weather forecast before you set out. Bring all the equipment you need, including plenty of water and snacks.
- **Dress in layers:** using synthetic fabrics such as polyester fleece which will help you to stay warm but will also help prevent getting overheated or chilled from perspiration. Keeping your lifejacket on also helps insulate your body from heat loss.
- **Wear a warm hat:** that will stay on your head in the water.
- **Use the right gear:** wetsuits, drysuits, and paddling jackets should be used in appropriate conditions.
- **Have a back up plan:** Have spare, dry clothing in a sealed dry bag in case you need to change.

2. COLD WATER IMMERSION



If you are ever caught immersed in cold water remember

H. E. L. P.

Heat

Escape

Lessening

Position



Produced under a grant from the Sport Fish Restoration and Boating Trust Fund, administered by the U.S. Coast Guard.



SAFETY SERIES
www.americancanoe.org

YOUTH PADDLING

Paddling with youth and family is a great way to spend time together! Children of any age can be a part of the trip, as long as the guardians are prepared to educate and take charge in the case of an emergency.

- 1. EVERYONE SHOULD WEAR A PROPERLY FITTED LIFE JACKET**
- 2. DRESS FOR IMMERSION**
- 3. FOLLOW THE RULES OF THE ROAD**
- 4. EVALUATE THE VENUE**
- 5. RETURN SAFELY**



Produced under a grant from the Sport Fish Restoration and Boating Trust Fund, administered by the U.S. Coast Guard.



SAFETY SERIES
www.americancanoe.org

TRIP LEADING

TRIP LEADERS! KNOW BEFORE YOU GO:

**KNOW YOUR AND
YOUR GROUP MEMBERS'
LIMITATIONS**



**CHOOSE AN
APPROPRIATE VENUE**

**CHOOSE THE
APPROPRIATE EQUIPMENT**



MAKE A FLOAT PLAN

**PRACTICE RESUE
TECHNIQUES**



**IF CONDITIONS CHANGE,
CHANGE THE PLAN**



Produced under a grant from the Sport Fish Restoration and Boating Trust Fund, administered by the U.S. Coast Guard.



SAFETY SERIES
www.americancanoe.org

SUP LIFEJACKETS

WHAT YOU NEED TO KNOW

It's important to know that paddleboards are considered a vessel by the US Coast Guard. This means that you need to have a life jacket and whistle on hand if you're outside of a swimming or surfing area. Lifejackets come in a wide variety of designs for both comfort and functionality for Stand Up Paddleboarders.



WEAK/NONSWIMMER

If you're a weak or nonswimmer, it's definitely a good idea to wear an inherently buoyant lifejacket.



STRONG SWIMMER

If you're a swimmer, you can consider an inflatable lifejacket. The most popular inflatable lifejackets for stand up paddling are waist-mounted backpacks.



If you're going to use an inflatable, they're best worn in front so that they can be easily and quickly inflated if needed.



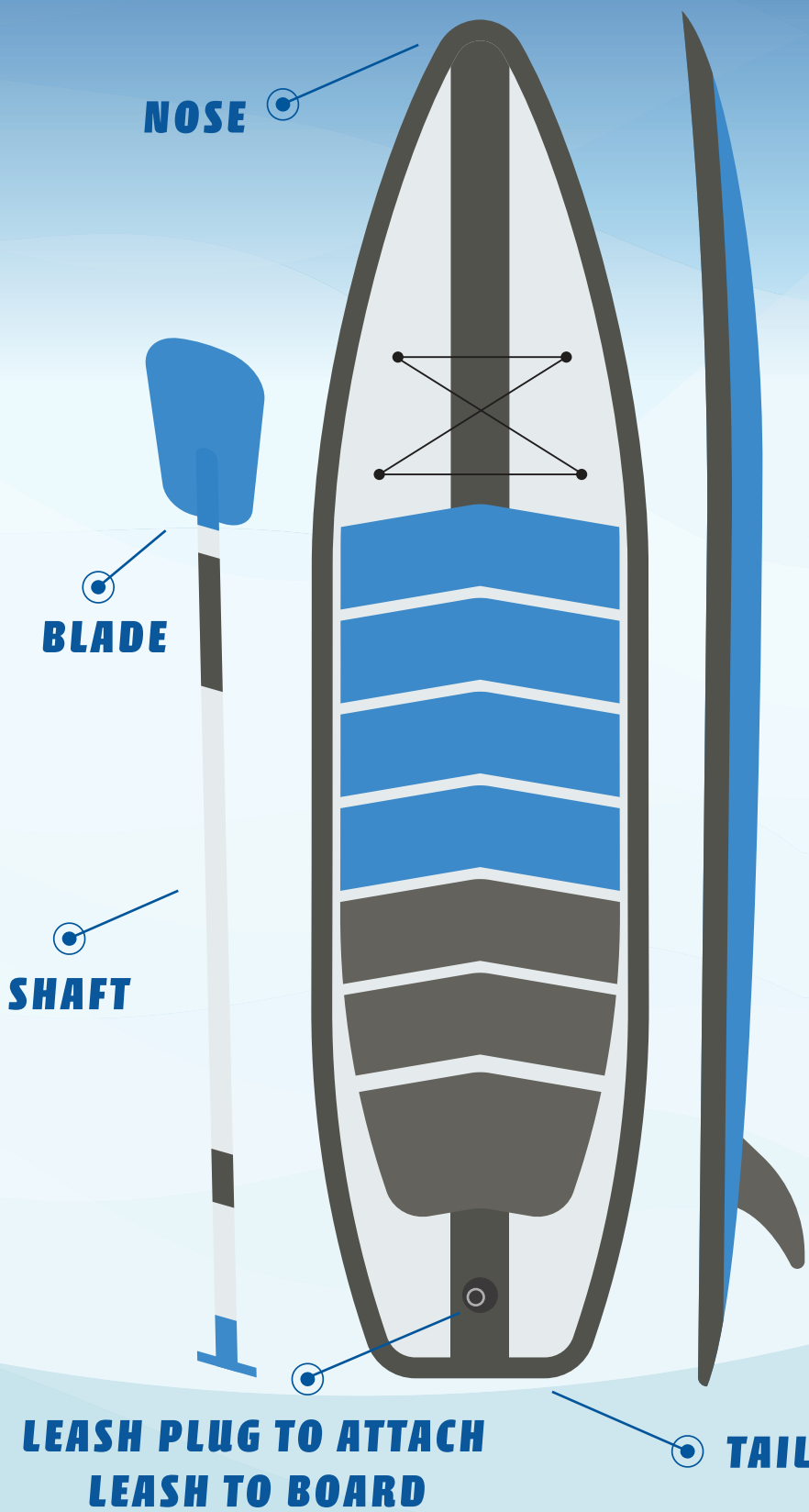
Produced under a grant from the Sport Fish Restoration and Boating Trust Fund, administered by the U.S. Coast Guard.



SAFETY SERIES
www.americancanoe.org

SUP LEASHES

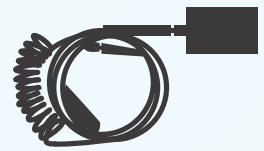
ANATOMY OF A STAND UP PADDLEBOARD



LEASHES

A leash connects you to your board with an ankle strap. A leash is such a **KEY** piece of safety equipment in most, but not all environments.

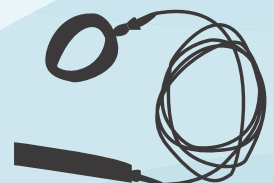
HYBRID LEASH



COILED LEASH



STRAIGHT LEASH



KNOWING WHAT LEASH TO USE



SUP surfing in the ocean, use a straight leash.



Even in flat lakes, tidal areas, or slow moving rivers, a coiled or hybrid leash can save you from being separated from your board.



When paddling a SUP in whitewater or moving water rivers, you run the risk of your leash getting snagged on rocks, branches, or the shore. If you make an informed and educated decision to wear a leash in these environments, make sure to wear a waist-mounted leash that has a quick-release mechanism that is reachable with both hands.



Produced under a grant from the Sport Fish Restoration and Boating Trust Fund, administered by the U.S. Coast Guard.



SAFETY SERIES
www.americancanoe.org

BECOME A PADDLESPO RTS SAFETY FACILITATOR

1. GET WITH THE PROGRAM

Program designed specifically for outfitter, livery, or
paddlesport rental business staff and operators.



2. OBTAIN THE TRAINING

Achieve certification in canoe, kayak, and
SUP which enables you to deliver higher
quality products to your clients.



3. HELP YOUR CLIENTS

This land and water based certification program allows you to
help your clients have a safer and more enjoyable experience.

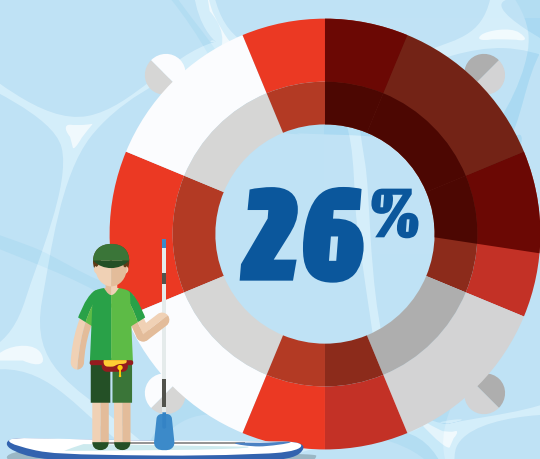


*Produced under a grant from the Sport Fish Restoration and
Boating Trust Fund, administered by the U.S. Coast Guard.*

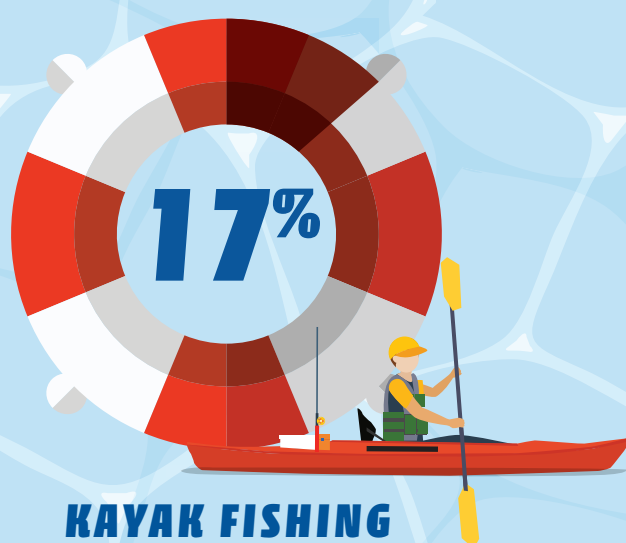
PADDLESPO RTS PARTICIPATION & FATALITY STATS

PADDLESPORT GROWTH

Over the past three years, stand up paddling maintained the highest outdoor activity growth rate, increasing participation an average of 26%. Kayak fishing (17%), white water kayaking (10%) and coastal kayaking (8%) also saw some of the biggest participation increases over this three-year period.



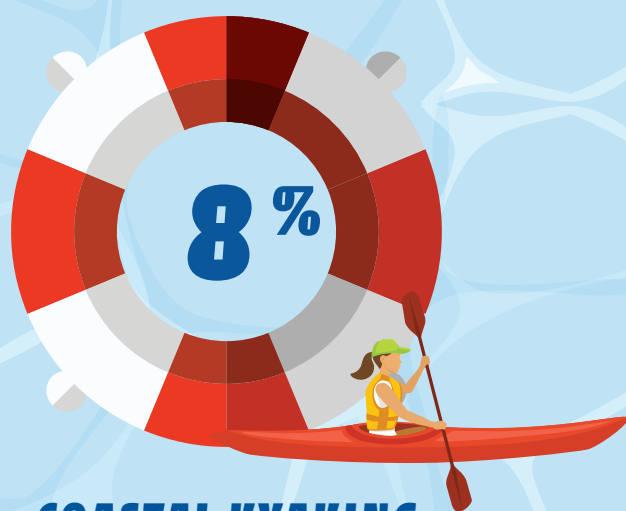
STAND UP PADDLING



KAYAK FISHING



WHITE WATER KYAKING



COASTAL KYAKING

DON'T BE A STATISTIC

Due to these increased participation rates, the U.S. Coast Guard has seen increased rates of paddling-related accidents and fatalities. According to the U.S. Coast Guard, the primary factors which lead to paddling casualties and deaths are:

- **OPERATOR NOT WEARING A LIFEJACKET**
- **ALCOHOL & DRUG USE**
- **OPERATOR INEXPERIENCE**
- **OPERATOR INATTENTION**
- **HAZARDOUS WATERS AND WEATHER CONDITIONS**





CANOE KAYAK SUP RAFT RESCUE

SAFETY SERIES

www.americancanoe.org

PADDLER'S SAFETY CHECKLIST

BE A SWIMMER



FILE A FLOAT PLAN



WEAR YOUR LIFEJACKET



KNOW THE WEATHER FORECAST



KNOW THE WATER VENUE



CARRY A COMPASS, CHART, OR MAP



WEAR APPROPRIATE CLOTHING



WEAR A HAT OR HELMET



WEAR PROPER FOOTWEAR



FIRST AID KIT & GPS LOCATOR



CARRY A WHISTLE



RESCUE GEAR



BILGE PUMP



SUN PROTECTION



DRYBAG WITH EXTRA CLOTHING



Produced under a grant from the Sport Fish Restoration and Boating Trust Fund, administered by the U.S. Coast Guard.

WEAR A LIFEJACKET



1. PROS WEAR IT!

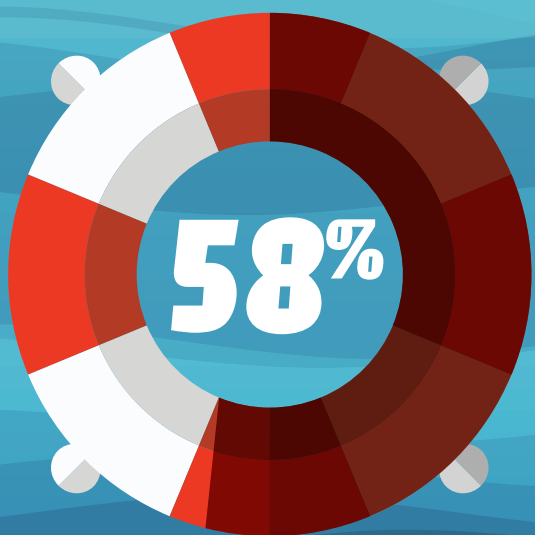
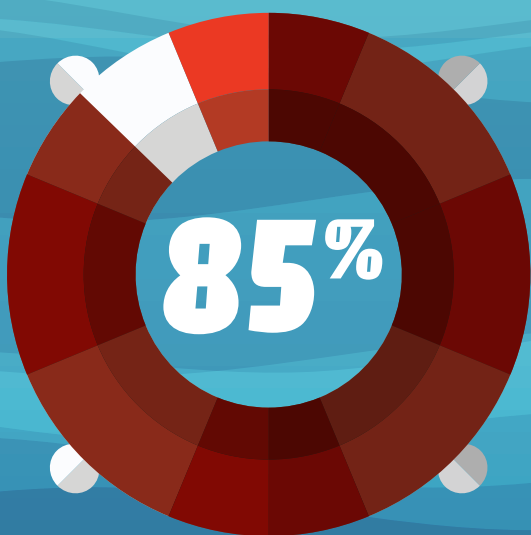
The first sign of a rookie paddler is someone who isn't wearing their lifejacket. Experienced paddlers wear their lifejacket every single time they are out on the water.

2. THE RIGHT FIT

Adjust your lifejacket so it's snug and comfortable. Today's lifejackets come in many sizes, colors, and designs for children, women, and men.

3. DON'T BE A STATISTIC

85% percent of fatal canoeing accidents and 48% of kayak fatalities involve people who weren't wearing a lifejacket. Don't tempt the odds!





SAFETY SERIES
www.americancanoe.org

OBTAIN THE KNOWLEDGE YOU NEED

1. TAKE A CLASS

Taking a class will help you to better enjoy your paddling outings! Learn & use the skills that make paddling safe and enjoyable.



2. BUILD A PADDLING NETWORK

Meet other safety-minded paddlers and build a community of friends and paddling partners.



3. FIND OR BE A MENTOR

A good instructor can become a mentor:

There are over **8,000** ACA instructors worldwide who can provide enjoyable, comprehensive paddling classes.

Over **120,000** paddlers complete an ACA class each year.



Produced under a grant from the Sport Fish Restoration and Boating Trust Fund, administered by the U.S. Coast Guard.



SAFETY SERIES
www.americancanoe.org

KNOW YOUR LIMITS

1. BE HONEST WITH YOURSELF

If you don't feel comfortable with the current conditions, return to shore.



2. THE RIGHT BOAT FOR THE CONDITIONS

Know the capabilities of your craft and obtain additional trainings for whitewater, surf, tidal areas, or exposed waterways.



3. IMPAIRMENT = ACCIDENTS

Drinking and drug use are dangerous for on-water activities. Boating Under the Influence (BUI) laws apply to all canoes, kayaks, and SUPs.



Produced under a grant from the Sport Fish Restoration and Boating Trust Fund, administered by the U.S. Coast Guard.



SAFETY SERIES
www.americancanoe.org

KAYAK FISHING

KAYAK FISHING & SAFETY TIPS:

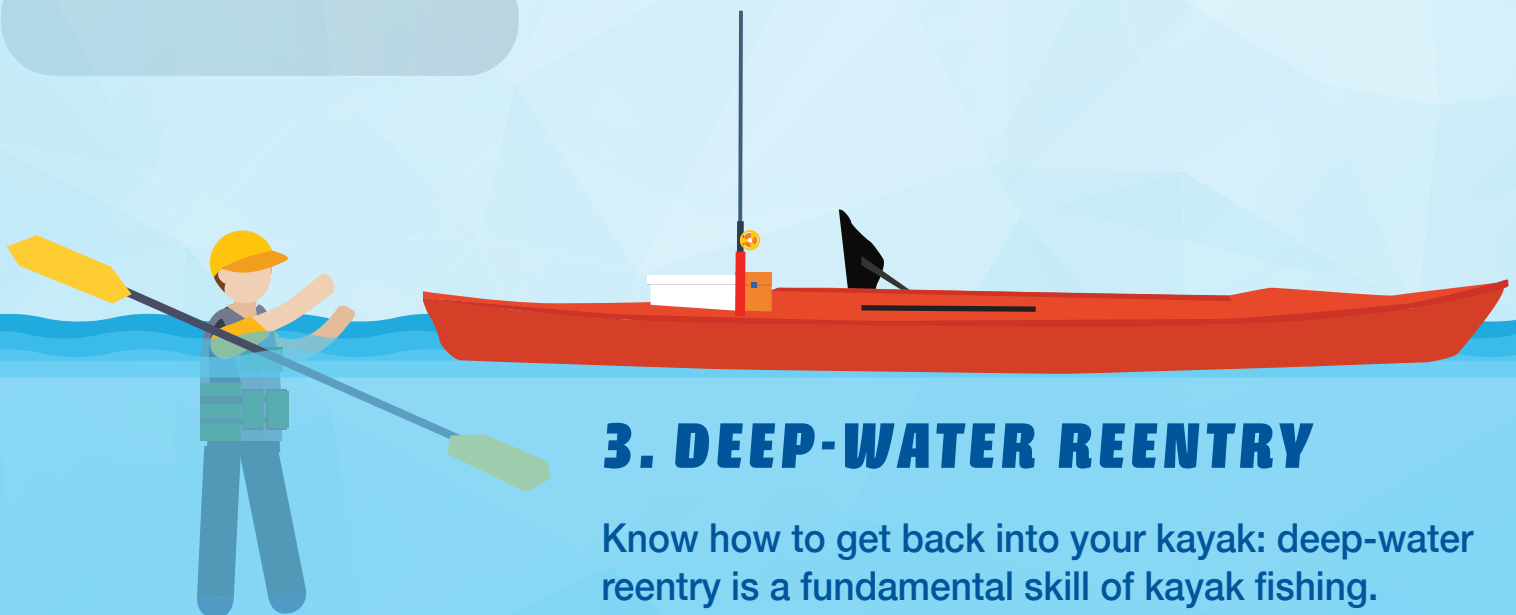
1. LIFEJACKET

Invest in a kayak fishing specific lifejacket, which is designed to be comfortable and unrestricting when you're casting or paddling. They also have lots of pockets for keeping fishing tackle and gear that you want quick access to.



2. CHECK THE CONDITIONS

Check the wind, weather, and tides before heading out. So plan ahead, and keep your eyes on the sky.



3. DEEP-WATER REENTRY

Know how to get back into your kayak: deep-water reentry is a fundamental skill of kayak fishing.

4. FILE A FLOAT PLAN

Let someone know where they should look for you in the event that you don't return when expected.



Produced under a grant from the Sport Fish Restoration and Boating Trust Fund, administered by the U.S. Coast Guard.



FLOAT PLANS

1. THE 4 W'S OF YOUR PLAN

Follow these guidelines to create a proper float plan.



WHO:

Your name and everyone else who will be with you

WHERE:

Your planned put-in, take-out, and paddling route

WHEN:

Your estimated launch and return time, and when to notify authorities if you don't check in

WHAT TO DO:

A plan for what to do if you don't return or check in as scheduled

2. MAKE IT A ROUTINE

Keep a basic float plan on your computer or phone and make a habit of filling it out and sending it to a reliable person every time you paddle.



3. SHARE YOUR PLAN

Tell a trusted friend or family member where and when you plan to paddle, so that someone dependable will send help if you get into trouble.





SAFETY SERIES
www.americancanoe.org

DEFENSIVE BOATING



1. VISIBILITY

Never assume that power boat operators can see you. Avoid high traffic areas whenever possible, and proceed with caution when you must cross a channel or busy waterway.



2. BRIGHT COLORS

Choose a brightly colored life jacket and clothing that will make it easier for others to see you on the water.

3. ENVIRONMENT

Be aware of environmental factors like choppy or tall waves, fog or glare that make small water craft more difficult to spot.



4. KNOW THE RULES OF THE ROAD

- When meeting another water craft head on make a right turn (starboard) so that you pass the other water craft on the left (port-side).
- When being overtaken from behind, hold your course straight so as to not surprise the passing water craft.
- When navigating in restricted water areas (docks, bridges, etc.), give way to less maneuverable water craft, usually larger boats.

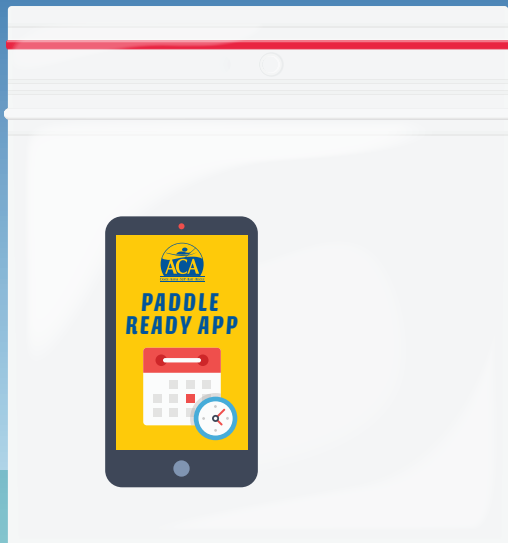


Produced under a grant from the Sport Fish Restoration and Boating Trust Fund, administered by the U.S. Coast Guard.



SAFETY SERIES
www.americancanoe.org

COMMUNICATIONS

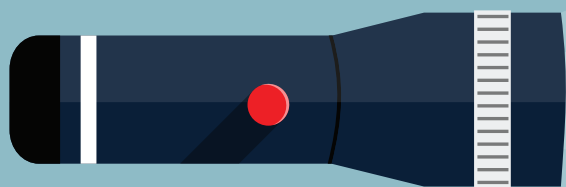


1. MEANS OF COMMUNICATION

Have a reliable means of communication, such as a waterproofed cell phone or VHF radio.

2. WHISTLE

Always have a whistle attached to your life jacket.



3. LIGHT SOURCE

Have a waterproof flashlight.

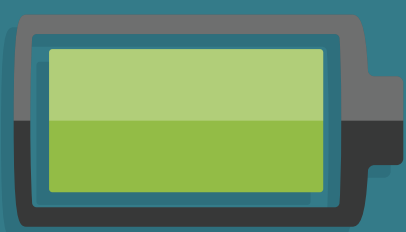
4. PADDLE SIGNS

Always review hand and paddle signals with your group, before launching.



5. STAY IN RANGE

Always stay within communication range of those you are with (sight and/or ear shot).



6. DEVICES IN WORKING ORDER

Always keep your communication devices in good working order and readily available.



Produced under a grant from the Sport Fish Restoration and Boating Trust Fund, administered by the U.S. Coast Guard.