



# SAFETY TALK CHECK LIST

Trip Code \_\_\_\_\_

Date of Trip \_\_\_\_\_

Please check the boxes as the guide goes through the safety talk. If at the end of the safety talk you did not hear a particular topic discussed, please notify the guide and ask her/him to cover the topic again until the information is clear and complete. Thank you for helping us address these issues and better prepare our guests for the exciting challenges that lie ahead.

- INTRODUCTIONS of guides, the river and current conditions**
- FITTING PFDs** - all buckles & straps secure, snug fit, when to wear, where to store
- HELMETS** - Sit square on the head, chin strap 2 finger rule, when to wear, where to store
- STAYING IN THE BOAT**
  - How to get in the boat carefully
    - Clean feet / don't use oars as handhold
  - Straps to hold onto
  - Avoid entanglements, loose lines
  - Avoiding flips and wraps
    - How flips and wraps occur
    - High siding
- NON-VOLUNTARY SWIMMING**
  - Come out from under the boat - stay calm and alert – look for your boat and listen for your guide
  - Keep your feet **UP**
    - Defensive Swimming position – feet downstream, toes out of water, use backstroke and legs to push off of rocks
    - Self-Rescue – rollover on stomach and swim aggressively to a boat or to shore
    - Never** stand up in the current – foot entrapments
  - Breathe in the troughs of waves
  - Swim away from strainers** – if you can't get away from it, climb on top
  - Receive a throw-bag – grab rope not the bag, never wrap a line around you
  - If you go to shore stay put & let others know where you are
  - Hypothermia can set in quickly
  - Get swimmers back in boat ASAP
    - People first, gear last
    - Pull a swimmer on the boat using the shoulder lapels of their PFD

- If your boat FLIPS**
  - Do not stay underneath the boat
  - Hold onto the boat if possible
  - Move to the upstream side of the boat
  - Watch and listen for instructions
- HAND SIGNALS**
  - "OK" – head tap
  - All hand signals are point positive**
  - 1 whistle: attention; 3 blasts: emergency
- MOST INJURIES AREN'T RELATED TO WHITEWATER**
  - Be aware of plants and animals that can hurt you: poison ivy, cactus, snakes, lizards, scorpions, ants, ravens
  - Watch your step, rocks are slick, wear shoes
  - Never** dive into the river, only jump with guide's permission
  - Drugs and alcohol are not allowed on the river. Alcohol in moderation in camp only
  - Do not hike or swim alone. Tell the Trip Leader where you're going
  - Be very careful when water "fighting"
- TAKE CARE OF YOUR HEALTH**
  - Wear sunscreen or cover exposed skin
  - Foot care
  - Drink lots of water (not river water)
    - Signs and symptoms of dehydration
  - Stay well-nourished/comfortable: prevention
  - Inform your TL if you experience health problems or use medications not disclosed on roster
  - Wash hands often, before eating, after using toilet
  - Clean any wound immediately, tell a guide
- MINIMIZE IMPACTS** – "Leave No Trace" Outdoor Ethics
- ACT RESPONSIBLY**
  - Evacuations can be lengthy and dangerous
- ANY QUESTIONS? HAVE FUN!**

Name of guide giving safety talk:

PRINT: \_\_\_\_\_

Name of guest:

PRINT: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

Name of 2<sup>nd</sup> guide:

PRINT: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_