

SAFETY REMINDERS

- SAFETY EQUIPMENT
 - Life vest/flotation device
 - Leash
 - Spare paddle
 - Rubbers
 - Additional safety equipment (Epirb, cell phones, whistles, reflection gadgets, etc.)

- NUTRITION/HEALTH
 - Stay hydrated
 - Bring food if need be

- WEATHER
 - Exposure to sun - sunscreen
 - Inclement weather – natural elements (swell/wind variations)
 - Weeks forecast

- EQUIPMENT
 - Inspecting equipment before every paddle (cables, salt buildup, etc.)
 - Handling of equipment – special awareness

- SAFETY IN THE WATER
 - Stay with your group (escort as leader). We will have 2-3 escorts on each run. Your escort should always be visible. If escort needs to take a paddler to the beach, entire group will stay with escort and head to beach.
 - Watch out for others, safety is #1 priority.
 - If you break a steering cable, notify your escort. We will carry rubber and or string to help fix the steering.
 - If you huli (flip over) protect your head from your iakos and canoe. Contact could cause injury.
 - For cramping or other injury, notify your escort so they can properly assist you. If serious we will pull out at closest beach.
 - If you lose your paddle or break your paddle, notify your escort. Each escort will carry a spare paddle.