

KCKA Trip Participant Guidelines I revised: 1/18/2006

NOTE: These guidelines are designed to minimize risk. They do not remove all risk from this activity. Trip participation is at your own risk. Ask questions and be informed about this activity by talking to the trip coordinator and other knowledgeable participants and then make your own decision about whether to participate.

- 1) **PFD:** All trip participants must wear a correctly fitted and fully fastened U.S. Coast Guard approved lifejacket (personal floatation device (PFD)).
- 2) **Clothing & protection from the elements:** All participants must have clothing appropriate to the weather and water conditions. This may include several thermal layers along with a rain jacket and sunhat. This may also include a neoprene wet suit, drysuit, nylon pile, polypropylene, and other protection from hypothermia for cold water and/or air temperature. Cotton clothing, i.e. T-shirts and/or blue jeans, when wet and cold, can contribute to loss of body heat leading to hypothermia.
- 3) **Equipment:** All participants must have equipment appropriate to the weather and water conditions. At the minimum, these should include floatation bags, spare paddle (1 per three boats), throw/rescue rope, whistle, knife, rescue equipment, waterproof gear bags, and appropriate first aid kit.
- 4) **Helmet:** If the water is class II or higher or in coastal surf zones, a correctly fitted helmet should be worn.
- 5) **Alcohol/Drugs:** No participant may consume alcohol or any illegal drug while on the water or immediately prior to launching.
- 6) **Medications/Medical conditions:** Participants shall reveal to the trip coordinator any medical condition or medication that may impact how they function during this activity.
- 7) **Previous experience:** Participants shall inform the trip coordinator of their previous paddling experience, obtain from the trip coordinator information on the level (Class I, II, III, etc) and any particular difficulties of the proposed trip and then make a decision on if they wish to participate. NOTE: The trip coordinator may also deem a person too inexperienced to participate and may refuse to allow participation for any reason.
- 8) **Personal items/Food/Water:** Each person should have adequate drinking water and food. Other useful items are sunglasses, sunblock, and chapstick. See the Kansas Paddler Home Page for an equipment list and paddling tips at: <http://www.kansas.net/~tjhittle/>
- 9) **Laws & Regulations:** All participants shall comply with all local, state and federal laws & regulations.