

# KAYAK SAFETY



- Always wear your properly fitted personal flotation device, no matter how experienced or confident you are in the water.
- Take a cell phone with you in a waterproof container so you can call for help, if needed.
- Let someone know your plan. Where you are kayaking and what time.
- Practice in your canoe or kayak on calm, shallow water like a lake or pool before venturing into any river.
- Avoid high water conditions. River water levels can change rapidly after a period of heavy rainfall.
- Identify potential hazards to avoid in the water: branches, rocks, stronger current.
- Check the weather forecast and water conditions before you go. Air temperature does not equal water temperature.
- Know your limits on the water and how comfortable you feel swimming.


## Water Safety Tips

- Bring essential safety gear such as a life jacket, whistle, flashlight, and a basic first aid kit.
- Be prepared for an emergency by learning CPR.
- Wear bright or reflective clothing. Helps other boaters to see you, especially in low light.
- Download the what3words app so first responders can pinpoint your exact location.
- Use the buddy system. Paddle with a partner and keep each other in sight.



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