

# OHIO RIVER TRAIL COUNCIL

## — SAFE PADDLING TIPS —

- MONITOR WEATHER AND WATER CONDITIONS
- NO ALCOHOLIC BEVERAGES WHILE BOATING
- PLAN YOUR TRIP AND NEVER BOAT ALONE
- DO NOT PADDLE RIVERS IN FLOOD STAGE
- KNOW FISHING AND BOATING REGULATIONS
- ALWAYS WEAR A PERSONAL FLOTATION DEVICE
- WEAR PROPER CLOTHING TO AVOID HYPOTHERMIA
- ONLY PADDLE WATER APPROPRIATE TO YOUR SKILLS
- SCOUT AHEAD AND BE PREPARED FOR RIVER HAZARDS
- ALWAYS PADDLE WITH PEOPLE WHO KNOW THE RIVER
- KNEEL TO INCREASE YOUR STABILITY IN ROUGH WATER
- PORTAGE (CARRY) YOUR BOAT AROUND LOW-HEAD DAMS
- FILE A FLOAT PLAN WITH A RELIABLE PERSON - WHERE YOU'RE BOATING AND WHEN YOU EXPECT TO RETURN



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