

Date _____ Trip leader _____ Assist. leader _____ copy of trip plan is with: _____

Put in (planned/actual) _____ Take out (planned/actual) _____ Expected time off river _____

Paddler name	age	Skill level/trip role/1 st aid/ Comm./Pin Kit/spare paddle	Vehicle make &model	License plate	Location of keys	Medical issues	Emergency contact person	ECP phone number

Note: Whitewater Ontario, Kawartha Whitewater Paddlers, MACKfest and its organizers, will not be held responsible for actions taken by individuals on and off the rivers, individuals should be aware of the hazards associated with whitewater paddling, and individuals will be responsible for their own actions.

Salmon River: Local emergency information

Nearest hospital	phone number	address
Emergency police/fire/ambulance	911	
Marine and Air Search and Rescue:	Toll free (within Canada) 1-800-267-7270	
Take out address		
Put in address		

River Safety Talk: A river safety talk is required by Transport Canada and should cover the following main points

Equipment: Does your group have a water-proof first aid kit, spare clothes, pin kit, magnetic compass, fire starter, emergency blanket, cellphone, water- proof light, throw ropes, extra water? Do you have all your gear? (e.g., paddle, skirt, pfd, kayak)? Is it adjusted (PFD and helmets zipped and clipped)? Are your float bags inflated?

Signals: Did you cover whistle, paddle and verbal signals? Remind paddlers they must return signals when they have understood (ok –ok)

Hazards: Wood, rocks, holes, cold water, others specific to your site.

Group structure: Remind paddlers there is a lead and sweep kayak and proper kayak spacing for each rapid (to be addressed on the river).

Ropes: Grab them, with your hands, do not wrap around you.

Swim: Defensive swim position. Hang on to gear. Others to stay in/go to eddy. No standing until touching shore.

Are we ready? Any questions?

NOTES: