**Trip Reminder**

**This is a useful document to remind Leaders and Coaches of things to consider when organising and running a river trip**. **Please note this document has been produced to help and train Leaders and Coaches and to assist them when running a trip. This is not a set of rules or regulations.**

**Planning a trip (things to consider):**

Water Access - Age of Participants – Accommodation – Weather & Environment – Boats and Equipment – How to Get There – Shuttle – Lunch – Contingency - Ability of the Group and Leader.

**Equipment List (depending on environment & trip:**Emergency food, under clothing (thin layers not cotton), spray deck, dry cag, cag, wet suit, Suitable helmet, trousers, correct paddles, correct boat, suitable buoyancy aid, wet suit boots, dry bags, woolly hat, hot drink, whistle, gloves, knife with throw line, spare clothes, strong climbing tape, lighter, compass, map, river guide, boat repair kit, paddle splits, large karabiners, slings, first aid kit, money, phone, small head torch, shelter. buoyancy aid with a quick release chest harness.

**Clean Rope & Safe Equipment Principles**Check: Buoyancy aids straps, clothing fits correctly, Spray decks straps, Inside and outside of boat cannot cause entrapment, throw lines are free of loops or knots.

**Outfitting of boats for white-water (Things to check)**Foot rest, seat positioned for equal balance, hip pads, back rest, thigh grips and back rest positioned and adjusted for effective body connection with kayak, but also so as not to hinder exiting, correctly fitted and inflated air bags. Throw line located in easily available position, but not hindering easy exit (Neck of bag secures so rope cannot fall out of bag and become snag hazard). Swim tail attached at stern grab handle, Internal and external of kayak free of possible snags, all outfitting well secured End loops fitted, blocks fitted.

**Water sports health issues to consider:** Hypothermia, Leptospirosis, E-coli, Swimmers ear, Eye damage due to reflected light, skin cancer. Lower back damage due to posture.

**River Knowledge:** Introduce moving water hydrology identifying wave features, eddies, eddy lines, flow direction, Smile and sad stoppers, weirs and dealing with bends and hazards

**Pre Paddle Briefing:** Count the paddlers and know names, health of participants, the river and what to expect, who has and where is the safety kit, what to do if you swim, what to do if there is an Incident, Responsibility of leaders and paddlers, communication signals, keep together and in sight, recovery/rescue, Group Control, any questions

**Walking, Lifting, Carrying Correctly Along Riverbank:** Boat always on the river shoulder, always keep helmet on, always keep paddle in hand.

**Paddle and leadership:** Group management, discuss the river route, signals, KISS (Keep It Short and Simple), talk the shapes on a rapid, Line of Sight, Avoidance is better than cure, position of maximum usefulness.

**Group paddling together following a nominated leader:**
- Run in smaller groups (2 or 3) other group members not protecting rapid
- Eddy hoping or leap frog approach
- Run as individual or pair with other group members setting up pre-arranged protection
- Portage Introduce a working model for signals, which may include hand, paddle or whistle signals.

**Incidents** = Don’t Panic, Manage if possible, ensure people know their roles.

**Rescue priority:** Self - Team - Victim – Equipment. Shout-Reach-Throw-Line-Row/Paddle-Go (live bait) (S-R-T-R-G)

**Rescues Effective** team leader and team member in rescue /incident
- Swimmer
- Self-rescue (Swimming no equipment in moving water aggressive and rock kicking off line across river to recover a paddler/swimmer in a stopper)
- Pinned boat and paddler with paddle, Paddler in stopper, in boat
- Unconscious swimmer, Injured/marooned paddler, mid-stream
- Swimmer/ boat on different banks , Lost boat/paddle, swimmer far bank
- Retrieval of equipment/ no paddler, Swimmer in stopper
- Double swimmers, Head up entrapment, 1 or 2 bank
- Shallow Water Wading Techniques
- Facilitate learning in the range of wading techniques, Use of hand rail, Use of paddle/pole for support, Tethered by chest harness
- Recovery of Equipment
- Facilitate learning in chase boating for kit (Kayak), chase boat in pairs when possible,
- Approach from upstream (better view of future water), Throw paddle on to bank, Turn boat upright, look for attainable eddy, Nudge boat towards eddy, when eddy is small you may wish for second chase boater to go ahead and get out in eddy to catch boat.