

Paddler's Safety Checklist



CANOE • KAYAK • RAFT • SUP

- Know What to Bring
 - Know Where to Paddle
 - Know your Ability
 - Know your Group's Abilities
 - File a Float Plan

TAKE A COURSE

Learn essential information and practice paddling and rescue skills by taking an on-water class from an ACA certified paddlesports instructor.

sei@americancanoe.org
www.americancanoe.org



American Canoe Association 2011

Paddler's Safety Checklist

- Be a Swimmer
- File a Float Plan
- Wear Your Lifejacket
- Know the Weather Conditions
- Know the Water Venue
- Assess your Boat's Flotation Needs
- Carry a Spare Paddle
- Wear Appropriate Clothing
- Dress for Immersion in Cold Water
- Wear a Hat or Helmet
- Carry a Compass and Chart or Map
- Carry a Whistle or Sound Signaling Device
- Have a Bilge Pump and / or Bailer
- Carry a Knife, Throw Bag or Tow Rope, Paddle Float, Sling and Other Rescue Gear
- SunScreen
- Water & Snacks
- Light / Signal (for low light conditions)
- Wear Proper Footwear
- UV Eye Protection
- Drybag with Extra Clothing
- First Aid Kit
- Small Repair Kit
- VHF Radio and GPS Locator



Produced under a grant from the Sport Fish Restoration and Boating Trust Fund, administered by the U.S. Coast Guard.