

...Downriver...

useful equipment.



Learn to break into fast moving water.

Paddle with others, no less than three for safety.

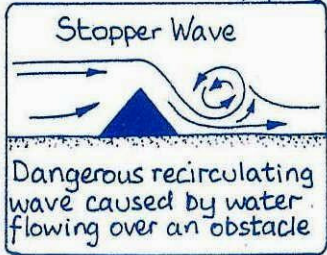
Find out: about the river beforehand, access and egress points and if permission is required.

Gorges; on mountain rivers leave these to the expert, exercise caution at all times.

Eddies, slack water behind obstacles, useful for resting in.

Learn to breakout of fast moving water

Follow the 'Vee' of water down rapids



Inspect blind corners or unknown rapids or falls.

Leave picnic areas clean take your litter home.

Lean downstream if you strike an obstacle, an upstream lean will capsize and pin you.

Learn rescue techniques.

Trees, overhanging or submerged must be avoided!

Fastest flow on outside of bend. Beware of undercuts.

Slow or back moving water on inside

Flood line: beware of trees, fences, undergrowth in flood conditions.

Watch out for hazards ahead. Warn others, react in good time.

Learn to ferry glide.

In the event of a capsize hang onto your boat and paddle. Learn support strokes and rolling to prevent and recover from a capsize.



Open water can behave like the sea in bad weather. Watch out for powerboats, dinghys windsurfers etc...

Weirs are dangerous, if in doubt always portage.

Keep clear of swans and other nesting birds.

Watch out for constricted channels.

Respect anglers and other river users.

Leave a vehicle at the end with dry clothes and refreshments. Park considerately!

Avoid moored craft and moving vessels.

...paddle for fun!