

PRE-TRIP CHECKLIST

INTRODUCTIONS

- Organizer, Co-organizer, CPR/First Aid persons
- Participants

LIABILITY

- You have all signed the Liability Waiver releasing OKCC and its agents in exchange for the “opportunity to participate”.**

ITINERARY

- put in / take out
- trip type? (OKCC progression trip, beginner trip with trained trip leader, clinic)
- intended route
- bail out options if water is higher than expected, or if someone walks off or is injured
- trip pace, play run or downriver, spacing

RISK ASSESSMENT

- What worst-case scenario most concerns each of you personally?**
- assess local hazards:
 - o fisherman, strainers, potential changes in water level, or rapids
- assess observed conditions:
 - o compare observed to expected using International Rapid Classification
- Pre-trip assessment of paddlers:
 - o relevant medical issues; allergies; athleticism
 - o wet exit experience? roll? adequacy of immersion wear?
 - o river experience? Eddie turns? Ferries? Experience on this river?

SAFETY DISCUSSION

- Are each of you comfortable that we can manage these risks as a group?**
- in case of a capsized...
 - o those trained in whitewater rescue will respond, beginners and those not trained in rescue will enter the nearest eddy and wait
 - o access personal safety
 - o access group safety
 - o rescue swimmer
 - o rescue gear
- be willing to walk off the river if it is beneficial to your safety or group safety

GROUP COMMUNICATION

- whistle
 - o Help is needed
- paddle signals
 - o vertical static: Come to me, good to go
 - o point positive: Point at the route to take
 - o horizontal: Stop hold position
 - o circle overhead: Eddy out
- hand signals
 - o pat on top of head (question): Are you okay?
 - o pat on top of head (response): I'm okay
 - o point with finger: Point towards route

EQUIPMENT CHECK

- Who has first aid kits? Cell phone for emergencies?
- Who has spare paddle? Spare drain plug? Throw bags and knife?
- Check zippers/PFDs/helmets/skirt grab loops (if in hardshell kayak)

GROUP EXPECTATIONS

- **Keep it simple, safe, and smiley!**

- Stay together – What does that mean for today?** (distance, earshot, all paddlers are accounted for by the person in front of them (do not leave anyone behind))
- Speak up if you have any safety or comfort concerns.**

Have fun!!

Definition of River Classes:

The International river classification of difficulty is used for white water classes (see below), with brackets used as per many modern guidebooks.

Class 1: Free passage. Small rapids, small eddies, and moving current.

Class 2: Free passage. Irregular stream, irregular waves. Medium rapids, small holes (nonretentive), eddies, whirlpools and pressure areas.

Class 3: Route recognisable. High irregular waves. Larger rapids. Holes (more retentive), eddies, whirlpools and pressure areas. Isolated boulders, (small) drops and numerous obstructions in stream (usually rocks).

Class 4: Route not always recognisable. Heavy continuous rapids. Retentive holes, whirlpools and pressure areas. Boulders obstructing stream, big with undertow.

Class 5: Inspection essential. Extreme rapids. Holes, whirlpools and pressure areas. Narrow passages, steep gradients and drops with difficult access and landing. All class 5 rapids are expected to be portaged on OKCC trips.

Class 2(3): The overall standard of the run is class 2, but there may be a few (normally one or two) class 3 rapids that can be easily portaged if required.

Class 3(4): The overall standard of the run is class 3, but there may be a few (normally one or two) class 4 rapids that can be easily portaged if required.

Recommended Skills:

Class 1 – wet exit, some knowledge on moving water, whitewater introductory course recommended.

Class 2 and 2+ - wet exit, self rescue, pool roll is helpful but not necessary, whitewater introductory course, some ability to edge and brace, some ability to enter and exit eddies, some understanding on changes in currents, some ability to ferry across the river, some ability to read rapids.

Class 3 - wet exit, self rescue, river roll, ability to edge and brace, ability to enter and exit eddies, understanding on changes in currents, good boat control, ability to ferry across the river, ability to read rapids.

Class 4 - wet exit, self rescue, combat roll, strong ability to edge and brace, strong ability to enter and exit smaller eddies on strong current, good understanding on changes in currents, good boat control, strong ability to ferry across the river.

Class 5 – All class 5 rapids are expected to be portaged on OKCC trips.

Note: Please refer to the OKCC website for definitions and additional details on the rating system.

OKCC Policy reminders:

- Assign additional Co-Organizer(s) or Assistant Organizer(s) per the Activity Policy if needed.
- No alcohol or marijuana use before or during OKCC activities
- During winter boating drysuit is recommended, full wetsuit with drytop minimum.
- Clean up your trash and pack it out