

Pre-Trip Checklist for Trip Leaders/Organizers

INTRODUCTIONS

- Identify the Trip Leader/Organizer, Co-lead, First Aid/CPR certified persons, and any safety boaters.
- Have Participants introduce themselves to the group

LIABILITY

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

ITINERARY

- Put in/take out
- Trip type? (OKCC progression beginner trip? Clinic etc.)
- Intended route
- Bail-out options if water is higher than expected or someone is injured, walks out etc.
- Trip pace: play run or downriver? Spacing of boats/pods.

RISK ASSESSMENT

- What worst-case scenario most concerns each of you personally?**
- Assessments of local hazards:
 - Fishermen, strainers, potential changes in water level or rapids
- Assess observed conditions-weather, water
- Pre-trip assessment of paddlers:
 - Relevant medical issues, allergies, athleticism
 - Wet exit experience? Roll? Adequacy of immersion wear?
 - River experience? Eddie turns? Ferries? Experience on this river/run?

SAFETY DISCUSSION

- Are each of you comfortable that we can manage these risks as a group?**
- In case of capsizing...
 - those trained in whitewater rescue will respond, beginners and those not trained in rescue will enter the nearest eddy and wait
 - Prioritize: 1. Assess personal safety, 2. Assess group safety 3. Rescue swimmer, 4. Rescue gear
- Be willing to walk off the river if necessary or beneficial to your safety or the group’s safety

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GROUP COMMUNICATION

Whistle - help is needed

Paddle Signals

- Vertical Static: *Come to me, good to go*
- Point Positive: *Point at the route to take*
- Horizontal: *Stop, hold position*
- Circle overhead: *Eddy out*

Hand Signals

- Pat on top of head : *Are you OK/I'm OK*
- Point with finger: *Point towards route*
- Spin and point overhead: *Eddy out*

EQUIPMENT CHECK

Who has first aid kits? Cell Phone for emergencies?

Who has a throw bag? Pin Kit? Knife? Spare paddle? Spare drain plug?

Check zippers, PFDs, helmets, grab loops on skirts, drain plugs.

GROUP EXPECTATIONS

Stay together – What does that mean for today? (Distance: stay within earshot, all paddlers accounted for by the person in front of them/buddy system/pods. (Don't leave anyone behind, keep a headcount).

Speak up if you have any safety or comfort concerns.

OKCC POLICY REMINDERS

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

Remember: Keep it simple, safe, and smiley! Have fun!!

For river classifications and recommended accompanying skill sets, please see the chart on pg. 2

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River Classification	Definition & Suggested Skillset	
Class 1	Definition	Free passage. Small rapids, small eddies and moving current
	Skills	Paddler should be able to wet-exit and should have some knowledge of moving water. A whitewater introductory course is recommended.
Class 2	Definition	Free passage. Irregular stream, irregular waves. Medium rapids, small non-retentive holes, eddies, whirlpools, and pressure areas.
	Skills (Class 2/2+)	Wet-exit & self-rescue. A pool roll is helpful but not necessary. A 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 (2/3)	Definition	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.
	Skills	<i>See class 2</i>
Class 3	Definition	Route is recognizable. High irregular waves, larger rapids, holes (more retentive), eddies, whirlpools and pressure areas. Isolated boulders, (small) drops and numerous obstructions in stream (usually rocks).
	Skills	Wet-exit, self-rescue, river roll, ability to edge and brace, ability to enter and exit eddies, understanding of changes in currents, good boat control, ability to ferry across the river, some ability to read rapids
Class (3/4)	Definition	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.
	Skills	<i>See class 3</i>
Class 4	Definition	Route is not always recognizable. Heavy continuous rapids. Retentive holes, whirlpools, and pressure areas. Boulders obstructing stream (large with undertow).
	Skills	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.	
<p><i>*OKCC does not run class V on official trips per our insurance. Please go to WWW.OKCC.org for more detailed information on the river classification system and safety.</i></p>		