

Rocky Mountain Canoe Club

Guidance for individuals participating in RMCC trips

RMCC is a collection of individuals who want to share the joys of canoeing and other paddle sports, and related activities such as hiking and camping. RMCC is not a guide service or commercial outfitter. Everyone on a RMCC trip or event is responsible for his or her own health, safety, life and well-being; and for gathering information pertinent to the trip.

Bottom line of all trips, to be safe and have fun!

Participants' responsibilities – You are the person responsible for yourself and family. Each participant is responsible for determining whether the trip or event is suitable for him or her, given his or her own health conditions, strength, skills, comfort level and other factors.

You can find out about trips by looking on the RMCC website, joining the e-mail list serve, and/or calling trip leaders and friends.

Please e-mail or call the Trip Coordinator (TC) prior to the event. Please inform the TC if you are bringing children, pets, have any medical condition, or need any special considerations. Trip Coordinators do have the option to say no.

Each participant is responsible for providing his or her own equipment. A basic list includes (TCs may provide a supplemental list):

- 1) Canoe appropriate for the trip or event;
- 2) Paddles (and extra paddle)
- 3) Personal flotation device (PFD) – Type III or V for rivers
- 4) Safety equipment (whistle, knife, throw-bag, first aid kit, bailers, secured painters).
- 5) Helmet (for whitewater)
- 6) Appropriate river clothing-dress for the water temperature; carry extra clothes
- 7) Water (1 gallon per person per day in the desert), Sunscreen, Bug repellent
- 8) Food
- 9) Camping gear (when appropriate)

All participants must be an ACA member OR pay \$5 and sign the ACA waiver for each trip. If you don't sign the waiver as written, you cannot take part in the RMCC activity.

Participants are encouraged to seek out instruction in canoeing, river safety, and first aid. If you are not well, feel unsafe, or have other concerns, please speak up!!!! On the river or at camp you are expected to know and follow all local and government rules and requirements. If you have questions, ask!!!