

## General Information for Tualatin Riverkeepers Paddle Trips

Welcome to a Tualatin Riverkeepers paddle trip on the beautiful Tualatin River. We are pleased you are joining us. Please read the following information to help you prepare for the trip.

**Waivers:** You will be asked to sign a trip waiver prior to participating in this event. A parent or legal guardian must sign for minors (age 17 or younger). Persons under age 16 must be accompanied by an adult.

**Safety:** If we feel the river or weather conditions could make the trip hazardous, we will cancel the trip. The river is generally a “benign” river during the spring, summer and fall; however, due to conditions such as heavy rains or winds, this “benign” river can be dangerous. Conditions do change on a river. Logs in the river may not be apparent underneath the water surface, and trees may slide into the river during saturated conditions.

Canoes and kayaks tend to be tippy. Even experienced paddlers capsize at times. Be aware of where you and your boating partner are in the boat at all times. When you get in the boat, stay low. Communicate with your boating partner about shifts of weight or other actions you might do while in your boat.

Stay with the group. Your safety and the safety of others depend on being aware of each other. Please keep the boat ahead of you within site. Communicate with a TRK volunteers if you are having trouble or need to stop for any reason.

While on the river, avoid hazards such as logjams, downed trees, irrigation pumps or dams. The currents that are created by such midstream hazards can be unpredictable and dangerous. Do not take unnecessary risks.

**Personal Floatation Devices (PFDs):** Everyone must wear a “vested” life jacket. **Persons without a personal floatation device will not be allowed on the trip.** Your life jacket should have a whistle attached. If you are renting one of our canoes, we will provide PFDs for your group. If you have your own life vests, please bring them with you.

**Clothing:** Please dress for the weather. It is a good idea to bring an extra set of clothes, a hat and sun block. For cool and rainy weather, please plan to wear and/or bring pile, wool, polypropylene and raingear.

**Footwear:** We often put-in and take-out boats on muddy ground or slopes. Sturdy footwear that can provide good traction are advised. Please do not wear shoes that can't get muddy or wet.

**Watercraft:** You should plan to bring, borrow or rent a canoe or kayak. Inflatable kayaks are strongly discouraged due to the paddling conditions on the Tualatin. Each canoe should have a 25' rope attached to either the bow or stern so it is easier to get both you and the canoe in and out of the water.

**Food:** Please bring plenty of water and snacks. **Alcohol is not allowed on our trips.** Do not drink alcohol before paddling.

**Medication:** Bring any special medications that you might need (e.g. bee sting kit, asthma inhaler). Let the trip leader know if you have any special medical needs.

**Other Items:** You may wish to bring binoculars, a field guide and/or a camera packed in a waterproof container.

**Trip Specifics:** Prior to launching, the trip leader will explain the specifics of the trip. Each trip will have a designated lead boat (first) and sweep boat (last). Please stay behind the lead boat and ahead of the sweep boat. We will review safety procedures prior to launching. While on the water, we ask you to keep the boat ahead of you within sight.

Enjoy the trip!