

Customers must also be given proper and adequate instructions on what to do and how to do it. The following outline addresses the important points which we would like to be covered in our safety talks. You should include specifics concerning equipment and proper technique as well as adding your own particular flow and style to make the talk informative and interesting.

1. Introductions of Guides and participants
2. Individual expectations
3. Explain that the safety of the group is shared by all
4. Outline the day's itinerary and what to expect along the way
 - Show charts of the area include trip distance and general route
 - Trip time
 - Rest stops
 - Contingency plans in case of bad weather
 - Meeting points in case of separation
 - Coastal hazards that may be encountered
 - Tides and weather for the day
 - Level of physical exertion
5. Explain proper equipment usage
 - PFD's
 - Sprayskirt use and adjustments
 - Clothing
 - Paddle floats and bilge pumps
6. Assign boats boat nomenclature, fit and adjustments
 - Packing boats
 - Safety and rescue items carried by the Guide
7. Demonstrate proper paddling technique
 - Paddles sizing, indexing, feathered vs. unfeathered, asymmetrical
 - Brief explanation and demonstration of the basic strokes to be used on the water
(forward, reverse, sweeps, and stopping)
 - Explanation of the importance of good posture, balance, and looseness in the hips
8. Wet exit explanation, demonstration, and dryland practice
 - Tuck, pull, push

9. Discussion on how the group should respond in the event of a capsize
 - Capsized paddler stays with their boat and paddle taking direction from the Guide
 - Remainder of the group stops with bows pointing into the wind and wait for direction from the Guide

10. Demonstrate paddle and whistle signals to be used on the water
 - STOP paddle held horizontally overhead
 - EMERGENCY paddle waved back and forth overhead
 - COME TO ME paddle pointed straight up overhead

1 BLAST attention, wait for further instructions

2 BLAST Come together

Repeated LONG WHISTLE BLASTS emergency, wait for further instruction

3 DISTINCT MEDIUM DURATION BLASTS calling for lost paddler

2 DISTINCT MEDIUM DURATION BLASTS response from lost paddler

11. Discussion on what the group should do in the event of a lost paddler
 - Lost paddler should remain where they are
 - If a safe landing is nearby land and remain there
 - Listen for whistle blows by the Guide and respond with two whistle blows

12. Ask participants to be sure to notify the Guide if they have any problems with equipment, comfort, or paddling

13. Ask if there are additional questions

14. Stretches and warm ups

15. Make sure everyone has gone to the bathroom before departing