

Safety Talk Outline

Personal Safety

1. Importance of staying hydrated (keep water bottle accessible)
2. Importance of preventing sun burn (sunscreen, hats, extra clothes, sunglasses)
3. Importance of staying warm

On-Water Travel

1. Lead Boat: Sets the pace of the group and direction of travel
2. Sweep Boat: The last boat in the group and can provide assistance in the event of an incident
3. Right and Left (if using): will remain on the right and left side of the group

On-Water Communication

1. Ideally remain close enough for verbal communication
2. Whistle signals
 - a. One blast: bring the pod closer together (Tighten Up)
 - b. Two blasts: Raft up (Raft Up)
 - c. Three Blasts: Potential hazard or incident. Look to the nearest Guide for instructions (Heads Up)

Preventing a Capsize

1. Waves are from wind and other boats. Turn your nose into the wave and keep paddling. Don't lean away from the wave.
2. Keep your center of gravity low
3. Stay balanced left / right
4. Avoid collisions!

In the Event of a Capsize

- a. Smile and remain calm ☺
- b. Feel down torso to find combing
- c. Follow coming to front to find loop
- d. Grab loop and pull forward then up
- e. Push out of boat
- f. Hold on to the boat and do not turn it over
- g. If you are not involved in the rescue, look to the nearest Guide for instructions

Launching Procedure

1. One ETC Guide will get on the water first, then remaining Guides will help launch the rest of the group
2. Practice paddling and see if there are any adjustments that need to be made
3. Do not leave protected area until the whole group is ready and a Guide has instructed the group to do so

Preview Landing:

1. Do not land until instructed to do so by the Guide on the water
2. Listen to the Guides on the beach for instruction as landing
3. Stay a safe distance from hazards (i.e. pilings and rocks at Angel Island)
4. Paddle straight into the beach (like a T)
5. Remind participants (if they are able) that once they are on land they should listen to instructions from Guides as to where they can help

Tips

- Give the Safety Talk when all participants are seated in their boat and ready to launch
- While giving talk, ensure that all participants have spray skirt loop out by having them grab it when instructing them on capsize procedures