ALWAYS WEAR YOUR LIFE JACKET

Always Wear Your Life Jacket

Wear it like a Pro

The first sign of a rookie paddler is someone who isn’t wearing a life jacket. Experienced paddlers wear life jackets whenever they’re on the water.

Make it Fit

Adjust your life jacket so that it’s snug and comfortable. It should not lift up when pulled by the shoulders.

Modern life jackets come in all sizes, with models for children, women, and men.

Don’t Tempt the Odds

85% of fatal canoeing accidents and 84% of kayaking fatalities involve people who were not wearing a life jacket.

Don’t be a statistic. Wear your life jacket.

FOR MORE ON FITTING LIFE JACKETS, GO TO: safeboatingcampaign.com/life-jackets

KNOW YOUR LIMITS

Be Honest With Yourself

Good paddlers know their limits. If you feel uncomfortable in a given set of conditions, return to shore.

The Right Boat for the Conditions

Most hip-ster canoes and SUPs are designed for use on protected waters and moderate currents. Sit-inside kayaks are best suited for white water. Sit-on-top kayaks are best suited for open water, as they are more maneuverable and less expensive.

Explore Your Limits Safely

Improving your skills is one of the joys of paddling. Practice in safe conditions with qualified or expert paddlers to improve your personal performance envelope.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Explore Your Limits Safely

Improving your skills is one of the joys of paddling. Practice in safe conditions with qualified or expert paddlers to improve your personal performance envelope.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.

Impairment = Accidents

Do not go paddling if you should not be driving. Drinks and drugs are even more hazardous on the water. Realize that alcohol and other depressants impair all senses, which includes your vision, hearing, and coordination.
Dress For Visibility
Choose a brightly colored life jacket and paddling clothing that will make it easier for others to see you on the water. Carry a light, especially if there's a chance you'll be on the water early or late in the day. High visibility strobes and running lights are available at your local paddling shop.

Practice Defensive Paddling
Never assume that power boaters can see you. Avoid high-traffic areas whenever possible, and proceed with caution when you can't avoid them. Be aware of factors like fog and glare that make you more difficult to spot. If you're between a powerboat and the sun when it's low on the horizon, the operator almost certainly won't see you.

Know the Rules of the Road
Learn the ‘Rules of the Road’ that govern all boat traffic, from kayaks to container ships. Knowing these simple rules will help you anticipate where other boats will go, and allow you to stay out of trouble.

What You'll Learn
Safety: You'll learn and practice the skills that make paddling safe and enjoyable.
Style: You'll learn good paddling technique from skilled instructors.

Where to Find a Class
Check with your local paddle shop for a list of paddle classes in your area. You can find a list of ACA-certified instructors at americancanoe.org/instruction.

Tell a Friend
Telling a trusted friend where and when you plan to paddle ensures that someone will know where to send help if you get into trouble.

Make It Routine
Keep a basic float plan on your computer or phone, and make a habit of filling it out and sending it to a friend every time you paddle.

Include the Four Ws
Who: Your name and the name of everyone paddling with you.
Where: Your planned put-in, takeout and paddling route.
When: Your estimated launch and return time—and when to notify authorities if you don't check in as scheduled.
What to Do: A plan for what to do if you don't return or check in as scheduled.

Cold Kills
The human body loses heat about 25x faster when immersed in cold water than it does when dry. Avoid cotton clothing like t-shirts and jeans, because they retain water and accelerate cooling when wet.

Modern Miracles
Today's paddling gear uses high-tech fabrics and technology to keep you dry, comfortable and looking your best. A wetsuit or drysuit allows you to stay warmer when immersed in cold water.

Ask your local paddling shop to recommend clothing for the conditions you plan to paddle in.

Tell a Friend
Make It Routine
Include the Four Ws
What to Do:

Dress Your Children Well
Remember: Children lose body heat faster than adults. Smaller adults lose body heat faster than large adults.

Dress for Immersion
Cold Kills
Modern Miracles
Dress Your Children Well

Don't Risk a Life Jacket
Your life jacket is your best friend on the water. Wear it properly, and you'll be safer if you fall out of your boat.

Take A Paddling Class
LEARN MORE
 Scan this Quick Response code with your smartphone to be directed to Safer Paddling, a highly acclaimed instructional video series produced by Canoe & Kayak Magazine.