

PARTICIPANT GUIDELINES

GENERAL THOUGHTS ABOUT GROUP PADDLING WITH RMSKC:

1. When you paddle with the Rocky Mountain Sea Kayak Club you get a trip planned by a Trip Leader with the opportunity to meet new paddlers and enjoy safety in numbers. However, Club Trip Leaders are not trained, certified, or pre-qualified by RMSKC with regard to their abilities as either kayakers or leaders; they act voluntarily and without compensation, as anyone among a group of acquaintances might agree to act as the organizer for a particular activity or trip. If you are expecting the RMSKC or our Trip Leaders to act as a commercial outfitter (provide for your needs, teach you how to paddle, or guarantee your safety), Club trips are not for you.
2. Because of #1 above, joining a RMSKC sponsored event does not relieve you of responsibility for your own personal welfare. You should communicate with the Trip Leader about the nature of the paddle and determine whether it is within your capabilities, remembering that paddling conditions can change rapidly and that you must bring appropriate gear for, and be mentally and physically prepared for all possibilities.
3. For group trips to be successful, participants must also look after the welfare of the whole group and be willing to align their personal paddling expectations with the needs of the other paddlers. Please choose your trips with this in mind.
4. The presence of individuals at Club paddling events who are unwilling to comply with RMSKC and ACA requirements puts all participants at unnecessary risk. Please do not join Club functions if you are not in agreement with the above General Thoughts about group paddling or are not willing to abide by the following Specific Guidelines.

SPECIFIC GUIDELINES FOR CLUB PADDLES:

1. Everyone must sign the Trip Participant List at the put-in.
2. For day paddles, participants who are not PAID RMSKC members will need to pay the appropriate RMSKC or ACA fees and sign an ACA Waiver to ensure compliance with ACA insurance requirements. ACA members who are not in our Club may provide proof of current ACA membership with their ACA card expiration date; while they must sign an ACA Waiver, no payment of the ACA event fee is required.
3. Participants should allow enough time to unload, sign in, and pack their boats so that they can be in the water and ready to paddle at the posted time.
4. Participants must have the appropriate paddling ability, boat, and safety gear as specified by the Trip Leader.
5. A properly fitting US Coast Guard approved Personal Flotation Device (PFD) must be worn on the water at all times.
6. A properly fitting paddling helmet (not a bicycle helmet) must be carried for use on Class II or higher rapids.
7. Participants must be prepared to capsize by being properly clothed for the water, not the weather. See the Cold Water Survival Chart on the last page for clothing recommendations.

8. Participants should carry food and water adequate for the paddle.
9. For multi-day trips, participants must carry a solid waste disposal system that meets the requirements of the location.
10. Participants should review and learn the signals for *On Water Signals – Safety* found on the RMSKC website.
11. Land and water regulations must be obeyed and camp sites, trails and surrounding areas must be left in as good a condition as found.
12. Participants should tell the Trip Leader if they are having problems with their equipment or fatigue, sickness, blisters, trouble handling the conditions, anxiety, etc.
13. The Trip Leader may alter the trip plan due to the demands of the weather or paddling conditions, or to meet the needs of a single paddler or the group as a whole.
14. Participants should stay with the group even if it means going slower than they would like; they should not leave the group without permission.
15. Participants should abide by the Trip Leader’s instructions; although Trip Leaders always consult with participants, they have the final decision-making authority over all aspects of the trip.

COLD WATER SURVIVAL CHART

WATER TEMPERATURE	TIME BEFORE EXHAUSTION OR UNCONSCIOUSNESS	EXPECTED SURVIVAL TIME	RECOMMENDED CLOTHING
Over 80 degrees	Indefinite	Indefinite	Minimal, but remember sun protection
70 - 79 degrees	3 - 12 hours	3 hours - indefinite	Light wetsuit vest, hydroskin
60 - 69 degrees	2 - 7 hours	2 - 40 hours	Hydroskin, wetsuit shorty, splash gear, semi-drytop
50 - 59 degrees	1 - 2 hours	1 - 6 hours	3mm wetsuit, insulating layer, drytop with insulation
40 - 49 degrees	30 - 60 minutes	1 - 3 hours	Drysuit, with light to medium insulation inside
32.5 - 40 degrees	15 - 30 minutes	30 - 90 minutes	Drysuit , with medium to heavy insulation inside
Below 32.5	Under 15 minutes	15 - 45	Drysuit, with heavy insulation inside

