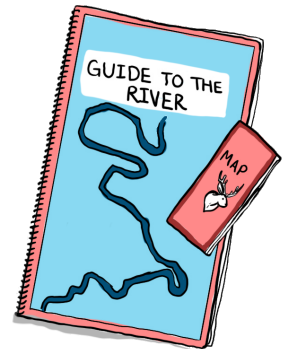


# THE RIVER RUNNER'S CHECKLIST

## Planning

- ☐ **Choose an appropriate run** based on your experience and equipment.
- ☐ **Share your river plan** and expected time off the water.
- ☐ **Be prepared** for surprises and walking out.



## Communication

- ☐ **Team Resources:** Who has medical, repair, and rescue equipment?
- ☐ **Signaling:** Review hand, paddle, and whistle signals.
- ☐ **Changing river conditions:**  
Review your options as you descend.



## Running

- ☐ **Protective equipment:** Wear it.
- ☐ **River hazards:** Scout, set safety, and portage.
- ☐ **Swimming:** Keep your feet up and actively swim to safety.



[americanwhitewater.org/safetycode](http://americanwhitewater.org/safetycode)

