

PADDLE

WISE

a responsibility code
for river runners



PADDLE SMART

- Paddle within your ability
- Keep your skills sharp
- Communicate with your team on the river
- Think for yourself
- Don't let bad decisions compound
- Go big, but come home safe



PADDLE INCLUSIVE

- Share it
- Everyone with the proper skillset is welcome
- Find a mentor
- Be a mentor
- Acknowledge indigenous stewardship and land
- Be a positive part of the community



PADDLE NO TRACE

- Leave no trace
- Always be a river steward
- Use existing access areas, trails and campsites
- Pack it in
- Pack it out
- Use restroom facilities or bring your own waste disposal
- Be aware of and remove micro-trash



PADDLE PREPARED

- Plan ahead
- Consult existing beta
- Understand International Scale of River Difficulty and your chosen river's rating
- Carry proper equipment including medical kit, spare paddle and emergency food/layers



PADDLE SAFE

- Wear your PFD
- Carry a throw rope, knife and other safety gear
- Practice safe river running technique
- Set safety where appropriate
- Take a swiftwater rescue course
- Practice whitewater rescue skills regularly



PADDLE AWARE

- Check weather and flow conditions
- Check for closures and river regulations
- Know your ability and your group's ability
- Understand surrounding landscape and escape routes
- Research existing hazards, portages and critical features



PADDLE RESPECTFUL

- Consider impacts to gateway communities
- Consider impacts on other paddlers
- Drive slowly
- Park in designated areas
- Respect closures
- Be friendly and represent the whitewater community positively
- Appreciate cultural resources but leave undisturbed