

Safety guidelines for paddling for the clients of Etelä-Konneveden Luontopalvelut Oy - please read before paddling.

- * Renting a canoe requires always at least 18 years of age, previous paddling experience and be able to swim. Children under 18 can rent canoes only when accompanied by a guardian over 18 or with the guardian's written permission.
- * Always wear a personal floating device. Remember that the personal floating device is just for floating and requires the user to be able to swim. Note! The type of life vests we use are not suitable for those under 140 cm tall.
- * Before going to the water, check the condition of the canoe and equipment and that you have taken all the equipment from the rental spot: canoe with attaching rope, personal floating device, paddle and bailing device (hand bailer). The canoes have a safety sticker: 'Always use a personal floating device, check floating equipment and keep a bailer with you. It increases paddling safety.'
- * Load your equipment into the bottom of the canoe so that the canoe floats as horizontally as possible.
- * Dress up the personal floating device before going to the water. Remember to tighten the sleeves of the vest tight enough and attach the crotch strap. The personal floating device is always worn on the top of other clothes, so it cannot be used for example under a coat.
- * Renting a canoe requires previous paddling experience or the services of a paddling guide in the beginning. You can ask advice and book yourself a paid initial guidance if necessary by calling us.
- * Plan your paddling route according to the conditions and your abilities. Do not overestimate your own skills or endurance and do not paddle when tired. Preferably always paddle in a group. If you are paddling alone, always stay in a swimming distance from the shore. At the time of cold water, stay close to the shore.
- * Equip yourself according to the weather and other conditions. At the time of cold water, always have with you spare clothes in a waterproof package. Other equipment critical for safety are: cell phone (packed waterproofly), water bottle and food, compass and map, white light (headlamp) if you are paddling during dusk or dark, thermal blanket and first aid kit, knife, fire starting gear. In addition, sunscreen, sunglasses and headgear are often necessary when being near water. Prefer bright colors in your clothing so that the boaters will see you better. Drink and eat enough, because especially dehydration can happen fast while paddling.
- * Be careful with the boat traffic. The paddler is expected to always give way to sail and engine boats coming from left and right. Be careful with the waves left by fast-moving boats. Avoid paddling in marked routes and cross them safely and without hindering the other traffic.
- * Follow the weather and the weather forecasts and seek shelter on time and come to a shore if the conditions become too difficult. Especially when paddling on large open water, the strengthening of the wind can quickly turn the conditions challenging or life-threatening.
- * The social pressure of the group may drive you to do something that you do not know properly how to do or do not have the endurance for. Tell the others in your group well in advance when you start to get tired or start to feel unsure about your abilities.
- * Be especially careful when entering and leaving the canoe, the rocks and the shore and the piers are often slippery.

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