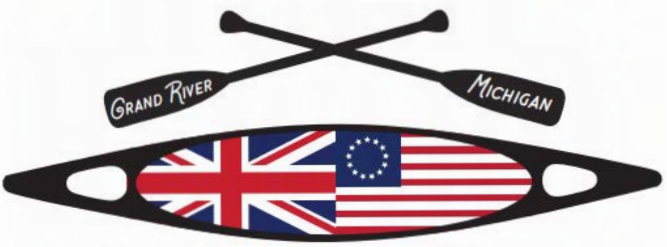
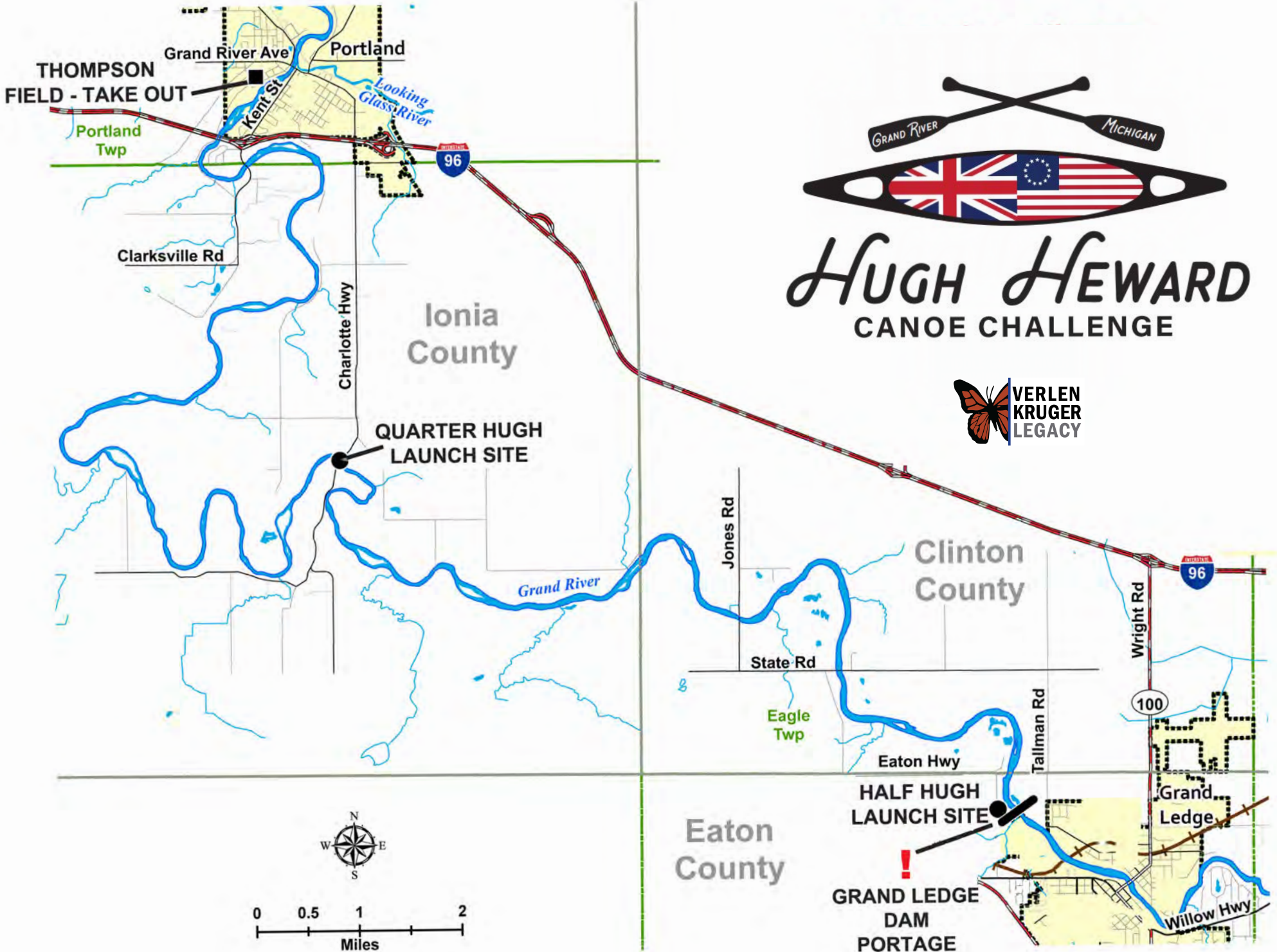


HUGH HEWARD

CANOE CHALLENGE



VERLEN
KRUGER
LEGACY



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PADDLING SAFELY - SOME COMMON SENSE TIPS

- Know your skill level: choose the route that best suits your skills, experience, and training. The 50-mile "Full Hugh" is recommended only for skilled, experienced paddlers.
- Be familiar with the route, potential hazards, safety practices, and communications.
- Leave a float plan with family or a friend.
- Bring appropriate safety gear. Wearing a life vest is recommended, especially for paddlers 14 and under. At minimum, have a life jacket in your boat for each paddler - easily accessible so you can release with one hand.
- Dress appropriately for the weather. Weather is changeable and the water is cold at this time of year.
- Carry a whistle, easily accessible, in case you need assistance while on the water.
- Don't use alcohol or mind-altering drugs prior to launching or on the water.
- Drink plenty of water.
- Be alert for signs of heat exhaustion in hot weather (confusion, fainting, muscle cramps, nausea); or hypothermia in cold weather (shivering, clumsiness, slurred speech).
- If you see/hear lightning/thunder, get off the water, take shelter, and stay off the water until 30 minutes after you last heard thunder.
- For emergencies, call 911.