

## **RULES FOR NEW PADDLERS**

**IMPORTANT NOTICE: Paddlers participate in an MTL kayaking event at their own risk and accept all responsibility for their own safety.**

We are happy to have new people join our paddles, but we ask that you comply with the following safety rules:

- Beginners should take at least one lesson before joining us. LL Bean and Collinsville Canoe and Kayak charge a reasonable fee for this. You can access their web sites for more details.
  - All paddlers are responsible for providing their own kayak and gear and for getting their own kayak on & off their vehicles. If you don't own one, you can search online for places where you can rent for the day.
  - All paddlers need to be experienced and self-sufficient and be able to get in and out of their kayak on their own.
  - Per DEEP regulations, all must have a PFD and whistle.
  - It is also recommended that you have a bilge pump, and for Level 3 paddles (possible choppy water), a spray or deck skirt.
  - You must notify the paddle leaders if you need to leave the group and head back to shore; it is strongly recommended that you try to find someone to accompany you back.
  - We have provided a link to "paddle levels" to help you determine the difficulty of a paddle.
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