



Staying Safe On The River – Top Tips And Advice When Canoeing Or Kayaking

An adventure weekend or an activity break on the River or on any water always comes with risks, and staying safe is the most important thing you should be thinking of before setting out on the water. There are things you can do to make sure your break is not ruined by any accidents or any unforeseen events, but you must make sure that above all, safety is your main priority.

Going canoeing or kayaking on the River is always an exciting and exhilarating thing to do, but it does not come without its risks and pitfalls. It is one of the safest sports or adventure activities as long as you follow the advice given to you by your instructor or teacher and also have some common sense and your wits about you. By following just a few simple guidelines and making sure you are well prepared before setting off means you can achieve a great day or few days on the river and come away with some memorable experiences.

There are a few things to think about and some of the most crucial are listed below.

Wear The Right Equipment – Wearing the correct equipment is vital when setting out on the river, and this normally includes wearing specialised clothing meant for such activities. A well designed wet suit and proper safety aids should be worn at all time as not wearing right kind of activity clothing will result in health risks should you fall into the water or the weather takes a turn for the worse.

Supervision – Going onto the river requires expertise, knowledge and a massive degree of common sense, so make sure if you are not a regular canoeist or you do not know the area to always have supervision. Having someone that knows what they are doing is a vital part of any trip out onto the water, so at all times make sure there is someone around you who knows what to do.

Know The Area – Knowing where you are going on the river is something people take for granted, but if you do not know the area or the particular stretch of the river, you could be taking all kinds of risks. Some areas will have under currents or rocks and some you might not even be allowed to canoe through, so make sure that you the stretch of river you are going to use before setting off.

Reliable Equipment – Any decent instruction company or canoe hire centre will only use the best equipment, so when it comes to buying or renting your own, only go for equipment that has been checked and approved by a qualified instructor.

Don't Take Risks – One of the biggest pieces of advice is to not take any risks when it comes to going out onto the river. Do not show off, do not try to impress your friends and do not even attempt to do something that is outside of your comfort zone, unless you have been trained or showed how to do it, simply do not do it. It is not worth taking unnecessary risks, it is important to only do things that you know how to do or only go to places that you know where to go.

When it comes to enjoy your activity or adventure sport, the main focus is always on safety. Make sure that when you begin you are prepared and when you are told to do something you listen. A good teacher or instructor is there to make sure you enjoy your weekend away or day on the river but to do it safely and carefully, as mistakes can cost lives and that is something that should always be remembered.

Written By Clear Web Services On Behalf Of Wyedean Canoes