

# COVID-19 & RESPONSIBLE PADDLING

WE ALL WANT TO PADDLE AND WE ALL WANT TO STAY HEALTHY. IN THE CURRENT CRISIS, IT MAY BE DIFFICULT TO DO BOTH. IF YOU CHOOSE TO GO PADDLING, HERE ARE SOME HELPFUL TIPS:

## BE SMART



If the activities associated with paddling make it impossible for you to respect local orders and national guidelines it's smarter to stay home and stay healthy.



If you feel sick, or have recently been near someone who is sick - stay home! Contact your doctor for care.

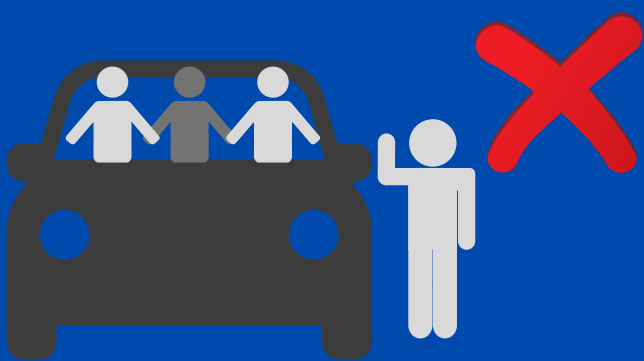
Avoid groups of more than ten people.



## MAINTAIN 6 FT OF DISTANCE



Social distancing applies to paddling as well as shuttling. Walk or bike your shuttle route, or consider alternative paddling options that do not require a shuttle, such as park & play or attaining upstream.



## MAINTAIN STRICT HYGIENE



Wash your hands often, frequently disinfect gear and other surfaces you touch, and do not share equipment, food, water, or other supplies.

## BE CAREFUL



Paddle well below your skill level to reduce risk of injury and potential to find yourself in the hospital and in the proximity of others who are sick.

Don't press your limits - if you need outside assistance, you can put undue strain on local first responders, medical personnel, and increase the risk of exposure for all involved in the rescue.

