

Safety Checklist for Planning a Day on the River



Check weather and river conditions *



Ensure your watercraft is appropriate for river use and meets the weight capacity of your group



Plan your route and know where you will enter and exit *



Share your plan with a friend or loved one



Pack a water safety kit in your watercraft *



Ensure all participants are wearing a properly fitted lifejacket or PFD *



Bring a friend; you're safer together



Bring a cell phone in case of an emergency



Pack sunscreen, hats, snacks, and water/refreshments (stay sober; intoxication on water is unsafe and prohibited)

* visit [medicinehat.ca/riversafety](https://www.medicinehat.ca/riversafety) to help you complete this list