

# ATTENTION WHITEWATER BOAT RENTERS

## IMPORTANT REGULATIONS AND TIPS FOR PADDLING

### PERSONAL PROTECTIVE EQUIPMENT

- **Wear a Life Jacket:** Be sure to comply with the boat rental business requirements.
- **Dress for the Weather and Water Temperature:** For cold conditions, wear specialized clothing (wet and/or dry suit). Layer your clothing with a moisture-wicking base, insulating mid-layer and waterproof outer layer.
- **Wear a Helmet and Proper Footwear.**

### PLAN YOUR TRIP

- **File a Float Plan:** Include where you're going and when you'll return. Leave it with a friend or family member. Contact the person you left it with when you return.
- **Never Boat Alone:** It's safer to boat with someone else.
- **Expect to Get Wet:** Even the best paddlers capsize, fall overboard or swamp boats.
- **Protect Yourself from the Sun:** Use sunscreen. Wear a hat and sunglasses. Take drinking water to stay hydrated.
- **Prepare for Cold Water:** Sudden immersion in cold water can cause immediate cold water shock and lead to hypothermia. If you fall into cold water, immediately cover your mouth and nose.
- **Carry a Whistle and Cell Phone:** These devices can make others aware of your location and be used to alert or call emergency services.

### SAFETY ON THE WATER

- **Scout Ahead:** Before paddling, check the waterway you plan to paddle, especially whitewater sections.
- **Portage Your Boat:** Carry your boat around obstructions. Know your skill level. If you're unsure, don't paddle.
- **Watch the Weather:** Bad weather can kill boaters. If a storm is near, head for shore or a safe harbor.
- **Don't Drink and Boat:** It is illegal to operate any boat while under the influence of alcohol or a controlled substance. Penalties include loss of boating privileges, significant fines and imprisonment.
- **Stay Away from Dams:** Signs and buoys mark many dams. It is illegal and dangerous to boat near dams. Strong hydraulic currents can trap and drown individuals. Keep your distance upstream and downstream.
- **Avoid Strainers:** A strainer is an obstruction that allows water to pass through but holds and traps boats and paddlers. If you collide with an obstruction in the current, leaning into the object can prevent capsizing or swamping the boat.
- **Don't Stand Up:** Don't try to stand up in fast moving water. Float on your back with feet facing downstream. Keep your feet up to avoid entrapment. Back paddle to closest shore.

More information:



[fishandboat.com/Boating/  
Pages/default.aspx](https://fishandboat.com/Boating/Pages/default.aspx)



**Penalty for Violation as Provided by Law  
Pennsylvania Fish and Boat Commission**



**WEAR IT**  
National Safe Boating Council  
Pennsylvania