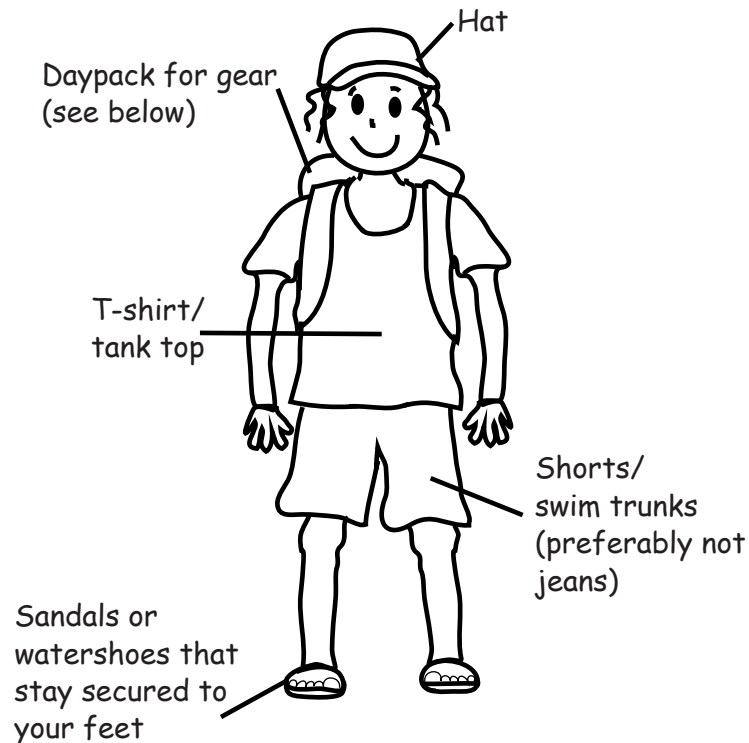


# A Participant's Guide for a Day on the Water

There's no way around it. During your event, you are going to get wet! Keep this in mind as you choose your attire.



# The Participant's Guide

Whether this is your first time or just another day on the river, there are some things that you don't dare ever forget. Here are some tips and rules to make all of your river trips the best.

- ☞ ALWAYS wear the Personal Floatation Device (lifejacket) provided for you.
- ☞ NEVER jump out of your canoe or raft without your leader's permission.
- ☞ NEVER stand up in a fast-flowing river. If you find yourself in the water unexpectedly, orient yourself so that you are facing downstream with your toes sticking out of the water.
- ☞ NEVER put any trash in the water. Always carry out what you carry in.
- ☞ When rafting on the Ocoee, ALWAYS wear a helmet!
- ☞ ALWAYS apply sunblock as the reflections from the water intensify the sun's rays.
- ☞ HAVE FUN! Enjoy the beautiful world God has created!

CAUTION: Activities on the water, by their very nature, can be dangerous activities. Although following the above guidelines should help manage the risks involved, Southern Adventist University will not be liable for any accidents.