

Safety Notice

Paddlers assume all responsibility for their safety and paddle at their own risk.

Cold-Season Recommendations

Paddlers should be aware of the risks whenever paddling in cold-water conditions.

Do not paddle alone.

Only paddle between sunrise & sunset (daytime).

Wear a full PFD (not an inflatable).

Be confident you can remount in the conditions you are paddling, including the cold water.

Stay within 200 metres of shore.

Wear appropriate clothing in the event you go in the water and that can be seen from shore.

Follow Transport Canada regulations. Carry a personal floatation device, whistle, bouyant heaving line at least 15m long, watertight flashlight, and six pyrotechnic distress signals.