Environmental Ethics

- Never litter. Always pack out trash.
- Conduct all toilet activity at least 200 feet from any body of water (exact procedures vary dependent on the specific environmental characteristics of your paddling or camping location).
- Pack out human waste when in sensitive or heavily used environments.
- Do not disturb wildlife.
- Minimize impacts to shore when launching, portaging, scouting, or taking out.
- Avoid building campfires, except in established fire rings or in emergencies.
- Consult Leave No Trace (www.lnt.org) and local resource managers for additional guidance.

Contact the ACA:
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www.americancanoe.org

Making the world a better place to paddle! Since 1880.
Basic Safe Paddling Practices

**Always wear** a properly fitted lifejacket while on the water. As much as 85 percent of canoeing-related fatalities were not wearing a lifejacket at the time of the accident.

**Never go boating** while under the influence of alcohol or drugs. Alcohol impairs judgment and good judgment is a critical component of paddling safely.

**Do not stand up** in a canoe or kayak, and avoid weight shifts that may cause capsize. Occupant movement and weight-shift factors in roughly half of all canoeing fatalities.

**Avoid weather** or water conditions beyond your skill level.

**Be able to effectively** steer and propel your boat.

**Never float or paddle** over a low-head (submerged) dam, fallen tree or other obstruction.

**Dress appropriate** to weather conditions (including air and water temperature).

**Do not paddle alone.**

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**Know these Safety Skills**

- Learn how to **self-rescue** in the event of capsize.
- Be proficient in **proper paddling technique** and learn to read the water.
- Only take on challenges for which you are physically and mentally **prepared**.
- Learn rescue skills necessary to assist others.

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**Inform others** (friends, family, resource manager) of your trip plan.

**Carry a supply of food** and water adequate for your trip length.

**Learn your route** in advance, especially potential hazards. Identify hazards such as difficult rapids, low-head dams or upstream dam releases. Know where to go in case of emergency.

**Never overload the boat** with more weight or people than it is designed to safely accommodate.

**Plan for emergencies.**

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**Standards of Conduct**

By observing these standards of conduct, paddlers reduce the chance of conflicts that may result in reduced waterway access and burdensome regulations.

- Obey all rules and regulations
- Respect private property. Only use public lands and access points.
- Be considerate to others on the water
- Give fishermen a wide berth.
- Never change clothes in public view.
- Respect local culture and standards of conduct.
- Give back to the waterway.