



RAPPAHANNOCK RIVER CAMPGROUND

33017 River Mill Road
Richardsville, Virginia 22736

540-212-0343

TUBING SAFETY

1. Always wear your PFD (life jacket).
2. Wear shoes, sun screen and eye glass holders.
3. There may be rocks under rope swings - use care or avoid.
4. Feet may become trapped if you stand in rapids - use caution.
5. If you fall off your tube in whitewater - laugh while pointing feet downstream, (keeping toes in sight) and float to calm water.
6. Keep away from strainers - they pop your tube and may trap you. (See below.)
7. Tubes only like water and may pop if sat upon while on shore.
8. Please help keep the river clean by bringing back trash.
9. Take a look at the take-out or listen to info about your take-out - return safely
10. Keep space between you and canoeists and fishermen - more fun for everyone.
11. If a thunderstorm occurs, get off the water and away from the tallest trees.
12. If an accident occurs and you need help, get to the take-out area as quickly as possible, treat on the scene or get someone in your group to go to the take-out to get help. Please don't walk into the woods.
13. Alcohol and drug use are strongly discouraged while on the water.

CANOEING SAFETY

1. All the information above also applies to canoeing .
2. If you fall out of your canoe, keep upstream of the boat. Float as described above, behind your canoe, until you reach a place to safely stand up, retrieve and empty your canoe.
3. Strainers can be deadly - avoid at all costs. If you can't avoid, approach head first and climb onto the strainer to avoid becoming trapped beneath the debris.
4. Kneeling in whitewater helps with canoe stability.
5. Hypothermia (uncontrolled shivering and confusion) needs immediate treatment. Get out of the water and out of wet clothes. Get person warm and return to the campground as soon as possible.
6. Heat related illnesses (heat cramps, heat stroke, heat exhaustion) can be prevented by getting wet when hot and taking along plenty of liquids (especially water).
7. Groups should designate a lead and sweep canoe.
8. Please respect private property along the river.
9. Return the equipment you've rented - undamaged - or you will be required to pay for it.
10. Alcohol and drug use are strongly discouraged while on the water.

