CAMPGROUND

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.

under 21 years of age will result in revocation of driver's license. BWI (Boating While Intoxicated) is prohibited under Virginia been lowered. If you drink, wait till your boating day is ended. law. Violators will be prosecuted. Legal limits have recently ticketed. Under Virginia law, possession of alcohol by those FREDER: CHILDWY ooints, including parks and riverbanks. Violators will be It's the Law! Completence CONFR Eley's Kelly's FORD RAPIDS CLASS Gaemanna Foedl River Levels by Internet Reminster to > 5 m. 14 miles (Kellysford miles (Motorban Run Kuccoon them under. Walk around or and undercut rocks, let water flow through but strain out downed trees, debris piles, boats and bodies, holding STRAINERS, such as climb over.

POSSESSION OF ALCOHOL is prohibited at all public access

http://va.water.usgs.gov 24 hours a day

downstream! Feet up &

> The river is UNSAFE for RECREATIONAL Know BEFORE you GO

USE when levels are above:

Remington Culpeper 4 feet in 3.2 feet in

Fredericksburg

STAY OFF!

between rocks or in debris lets current force victim under. Float. DON'T STAND IN MOVING WATER Foot entrapment Keep feet up and downstream to fend off rocks.

<u>Irapped!</u>