

Verde River Runoff Safety Tips

Be Respectful

- This river stretch is bordered by both Public and Private land. Do not get off the river unless at a designated river access point (Clear Creek or Beasley Flats)
- Pack it out! Don't litter. If you have the opportunity to pick up trash, pack it out with you!
- Obey the Rules and Regulations set for the event, and follow State and Federal Boating policies.

Be Prepared

- **#WEARIT!** Make sure you wear your USGC approved PFD at all times while on the water. Ensure it fits properly by fastening all buckles and tightening all straps.
- Helmets are strongly encouraged on the river! Protect what's important.
- Leashes for SUP are not recommended for this stretch.
- **HYDRATE** and **EAT WELL!!** Drinking water before, during, and after is key to feeling good after paddling! Eating a good breakfast is also key!
- Dress to swim. Let's face it, we've all been there. Make sure the clothing you wear protects you for those pesky in water experiences.
- Know what's downstream! It's suggested to run the river before the event to become familiar with the course.
- Do not stand in the river. Float downstream feet first until in calm water.

Be Humble

- The river is always the boss, go with the flow and stay sharp around those bends.
- Lookout for fellow paddlers. Pushing paddlers in to hazards or causing them to flip is not cool, and very dangerous.
- Don't stop learning. Take the time to learn about how to navigate the river safely and about the hydrology of river features.
- Share the **STOKE!** Paddling is a group activity!! High five fellow racers, safety crews, and organizers.
- Give back- Consider helping out with local stewardship projects



Friends of the
VERDE RIVER

