

Navigation recommendations

This information should be passed on to all participants.



My stuff:

Navigation in closed shoes:

Navigation in a Canadian canoe on the river must be carried out with closed shoes (*which hold on to the foot*). To avoid injury, do not sail barefoot. To avoid losing them, do not sail with flip flops or flip flops. *A pair of old trainers, crocs, sandals, or sailing slippers works just fine.*

Securing your glasses:

Always plan to fall into the water and therefore provide your glasses with a small retaining string, a cord so as not to lose them.

Securing your mobile phone:

The barrels provided (55l) cannot be guaranteed waterproof depending on your use on the river. Do not take sensitive belongings in the barrels (telephone, papers, passport, car key, etc.). **You will be asked to bring a mobile phone for team security reasons.** We recommend that you equip yourself with a waterproof pouch to secure your phone. If you don't have one, we can lend one within the limit of 1 pocket per team. If you want to bring your phone and you are not the referent contact or one of the orientation managers (group), remember to equip yourself because we will not be able to lend you a pocket. *Info: insurance does not cover damage to the phone during nautical activities. The manufacturer of the barrels itself no longer guarantees the tightness of the barrels for electrical or electronic equipment. Do not place a phone in your pocket or on a barrel, even in a pocket (risk of loss)*

Provide mosquito repellent:

The navigation takes place in the Ried which depending on the season, the humidity and the route can be conducive to mosquitoes; we recommend that you provide repellent even if in the end, you do not need it. *Please note: during mowing periods, in case of high temperatures or stormy weather, horseflies can move on the river.*

Leave these car keys at reception:

Our car park is private, we recommend that you leave all your sensitive belongings in your vehicles and leave **your car keys at our reception so as not to risk damaging or losing them during your navigation.**

Provide light clothes that dry quickly and spares to leave in your car:

It is not necessary to bring your spares when sailing, plan a windbreaker and leave your spares in your car at our base. We recommend that you bring 2 towels, one for navigation, the other left in your car for your change.

While browsing:

Navigate safely:

Wearing the buoyancy aid provided is mandatory. When crossing "difficulties" (waterfalls, bridge, dam etc.) **leave space between the canoes.** Do not sail with a rope attached to the canoe, in the event of a fall, it may get tangled in your legs (store it in the barrel). **Bring water to stay hydrated and provide a waterproof bag in case you need to take sensitive items (medicines, insulin, etc.)**

Sailing while respecting the environment:

The activity is a nature activity, it must be considered while respecting the local residents and other users. **For your waste, plan several bags to sort them during your navigation.** Your waste is to be brought back to our base where it will have to be sorted. **Do not navigate with waste at the bottom of the canoe, risk of loss in the event of overturning** (in particular cigarette butts, plan an ashtray). **Navigating while playing music (Bluetooth speaker, etc.) or even during breaks is prohibited.**

The canoe activity is not a drinking party:

Alcohol consumption should be considered responsibly, almost all incidents on the river are caused by excessive alcohol consumption leading to dangerous and irresponsible behavior. **We do not tolerate these behaviors and may refuse to send a team with this project on the river.**