EN

SAFETY RULES

KAYAK

Kayaking on the River Ebro

Safety is our priority. To enjoy the activity with peace of mind, we ask all participants to read and follow these rules.

ESSENTIALS

- Life jacket always fastened
- Safety briefing is compulsory
- Always stay behind the lead guide
- No alcohol or other substances

1 BEFORE THE ACTIVITY

- Arrive in good time for the meeting time given.
- The guides will give a safety briefing (paddling technique, signals, what to do if you capsize). Attending it and listening carefully is compulsory.
- Tell the guides about any health problem, allergy, injury or limitation that could affect the activity, and let them know if you cannot swim or do not feel comfortable in the water.
- You may not take part in the activity under the influence of alcohol or other substances.

2 EQUIPMENT

- A life jacket is compulsory throughout the activity and must be properly fastened.
- Only use the equipment we provide and follow the guides' instructions on how to use it.
- Wear suitable clothes and shoes that can get wet, and bring sun protection, a cap and water.
- Personal belongings (phone, wallet, keys, camera) must be kept in dry bags or can be left with us. The company is not responsible for the loss of or damage to personal belongings.

3 DURING THE ACTIVITY

- Always follow the guides' instructions. They have the final say on any safety decision.
- Stay with the group: do not overtake the lead guide or fall behind.
- Do not stand up, change places or jump into the water without the guides' permission.
- Keep your distance from other boats and other river users.
- Drink water regularly and protect yourself from the sun. Tell the guides if you feel tired or dizzy.

4 WEATHER AND RIVER CONDITIONS

- The guides assess the weather and river conditions (wind, storms, water flow) before and during the activity.
- If conditions are not safe, the activity may be changed, interrupted, postponed or cancelled in accordance with the cancellation policy.

5 IN AN EMERGENCY

- Stay calm and stay with your kayak: it will help you float.
- Let the guides know and follow their instructions.
- If you see someone in difficulty, tell the guides immediately.

6 CHILDREN AND GROUPS

- Children under 18 must be accompanied by a responsible adult who looks after them throughout the activity.
- In groups, the group leader must make sure everyone follows the rules.

7 RESPECT FOR THE ENVIRONMENT

- Do not leave any litter in the water or on the riverbank: take everything you bring back with you.
- Respect the river's wildlife and plants, and do not disturb birds or other animals.

WHAT TO BRING

- Clothes and shoes that can get wet
- Sun protection and a cap
- Water
- Dry bag for your phone

PHONE / WHATSAPP

633 081 737

Any issues with your booking or during the activity

RESPONSIBILITY

Following these rules is a condition of taking part in the activity. The guides may remove anyone who puts their own safety or that of others at risk, with no right to a refund.

ENJOY THE EBRO SAFELY!