

# **WILDERNESS RIVER ADVENTURES**

## **RULES OF THE RIVER**

### **LIFE PRESERVERS:**

- Life preservers are numbered. You will keep the same one for the entire trip
- You must wear your life preserver and keep it buckled at all times while you are on the boat. (N.P.S. Regulation)
- You should snap your life preserver to the boat when hiking during the day.
- Wear the life preserver off the boat at night, and keep it with you. It can also be used as a pillow.

### **SWIMMING:**

- Swim only when and where your guide says it is safe.
- Swimming is NOT permitted in the Phantom Ranch area. (N.P.S. Regulation)
- Absolutely NO DIVING permitted into the river or tributaries during side hikes.

### **PREPARING FOR A RAPID:**

- Put away cameras and secure any objects that may move about.
- Adjust your life preserver straps tightly.
- Sit down and hold on to the hand lines. Your guide will instruct you where to sit and what to hold on to.

### **INVOLUNTARY SWIMMING - (If you fall overboard in a rapid):**

- Try to maintain eye contact with your guides. A line will be thrown to you.
- If at all possible hang on to the hand line or swim to the boat.
- Keep your legs and feet in front of you and hold onto the collar of your life jacket, if you can't hold on to the hand lines.

### **HIKING RULES:**

- All hikes are optional – your guides will inform you of the degree of difficulty of the hikes.
- All hikes are guided. Never hike alone. Observe and practice the “buddy system”.
- You are only allowed to hike on established trails. No multiple trailing.
- Absolutely “NO ROCK CLIMBING”.

### **RESTROOMS:**

- The Wilderness crew maintains all toilet facilities.
- All solid waste is carried out in containers on the boats.
- Your guides will explain toilet and sanitation facilities.

### **KEEP THE CANYON CLEAN:**

- Use an empty can for cigarette butts. Do not throw them in the river or on the beach.
- Do not remove anything from the canyon. It can result in fines by the National Park Service.
- Leave your camp area cleaner than you found it.

### **BATHING WITH SOAP (Biodegradable or otherwise):**

- Bathing is only permitted in the main river.
- NO bathing in side streams or pools.
- Solar showers must be used at river edge (N.P.S. Regulation)

### **AROUND CAMP AND OTHER STOPS:**

- Practice common sense, observe all safety rules and use buddy system.
- Act respectful, be timely and courteous to staff, guests, and other trips.
- Always wear shoes.
- Wash hands after using toilet facilities and before handling or eating food. Treated water & soap is provided.
- As an extra precaution, drink only water supplied by the Wilderness crew.

### **COMPLYING WITH THESE RULES WILL HELP YOUR CREW ENSURE YOUR SAFETY**