

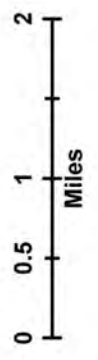
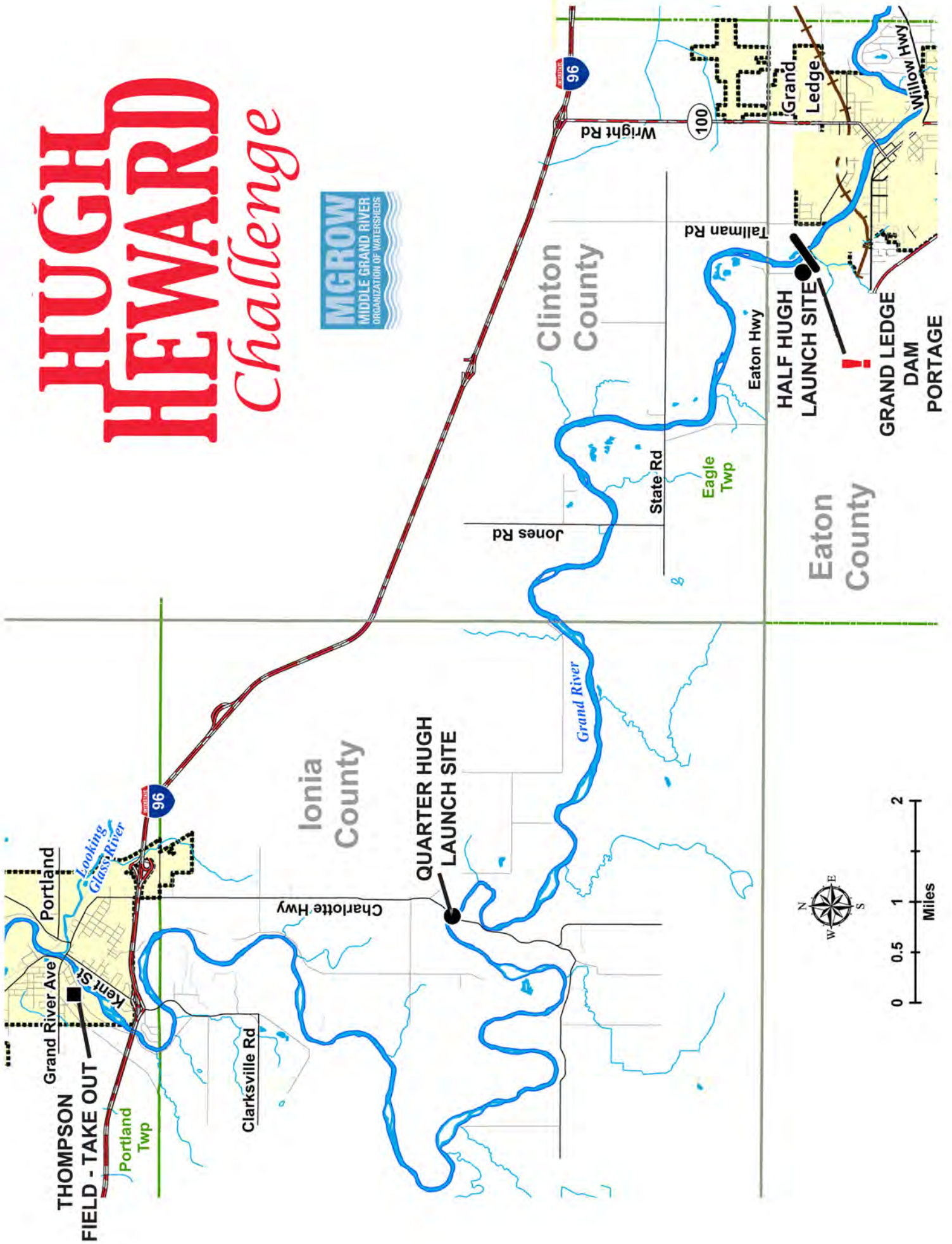


HUGH HEWARD

Challenge



HUGH HEWARD Challenge



MGROW/USCA SAFETY REQUIREMENTS

Read Carefully – this is the “pre-race meeting”

LIFE JACKETS

You must have a life jacket in your boat for each paddler - easily accessible so you can release it with one hand. Inflatable PFDs are acceptable but must be worn with an inflator charge.

Wearing PFDs is required when the water is under 50°F.

WHISTLES

You must have one whistle per boat - easily accessible while on the water. Whistles are free at registration.

ALCOHOL & DRUGS

You must not use alcohol or mind altering drugs prior to launching or on the water.

ROUTE, HAZARDS, AND EMERGENCIES

Be aware of the day's route, potential hazards, medical emergencies, safety procedures, and communications.

Pay close attention to these safety guidelines. “Full Hugh” paddlers should review the route map carefully and be alert for dam portages. We want to make sure you are safe at all times.

Drink plenty of water.

Be alert for signs of heat exhaustion in hot weather (confusion, fainting, muscle cramps, nausea); or hypothermia in cold weather (shivering, clumsiness, slurred speech).

If you see/hear lightning/thunder, get off the water, take shelter, and stay off the water until 30 minutes after you last heard thunder.

For emergencies, call 911.

For non-emergencies, or if you have to leave the water before you reach the day's designated take-out site, call 517-202-0812.

*****If you decide to leave the river before Portland,
CALL 517-202-0812
so we know you got off the river safely.*****