

1. Sit on the outer rim of the boat.
2. Orient your body in the direction of the movement.



If you sit facing the inside of the boat, you're more prone to losing your balance and falling off.

3. Tuck your toes or heels under the tube.



1. Grab the T-grip with your hand on the inside of the boat.

Hold the paddle wider than your shoulders.



2. Do not let go of the T-grip while on the boat. It's dangerous if the T-grip ends up hitting your face or head.

Watch out for the paddle suddenly moving if it hits a rock or gets pushed by the current.



*The guide will give you instructions.*

*Follow the instructions and **paddle together in sync!***

*There are 4 main instructions to follow.*

1. *Forward*

The guide will adjust the direction of the boat.

2. *Backward*

3. *Stop*

Don't stop until the guide says "stop!!"

4. *Hold on!*

When there is a risk of falling off.



**WE'LL START PRACTICING HOW TO PADDLE  
ONCE WE'RE ACTUALLY ON THE RIVER!**

**DURING THE TOUR. OUR RAFTING GUIDE WILL PROVIDE INSTRUCTIONS  
USING SIMPLE ENGLISH WORDS.**

**PLEASE FOLLOW THESE INSTRUCTIONS TO ENSURE THE SAFETY OF  
EVERYONE INVOLVED!**



**DO NOT LET GO OF THE T-GRIP WHILE ON THE BOAT.**

*It's dangerous if the T-grip ends up hitting your face or head.*

*The life jacket has enough flotation to keep you buoyant. Hold onto the paddle and not let go!*

*If you fall out..*

1. *Grab onto the boat's rope if the boat is nearby. Same applies if the boat capsizes.*



*If someone else falls out..*

1. *Grab them by the shoulder straps of their lifejacket.*

Place the paddle in the boat before pulling someone in.

2. *Do not grab their arms or head.*

They can get injured from the water pressure or their own body weight.



3. *Pass them a paddle to hold on to and bring them closer to the raft if the person has not reached the boat.*



**IF YOU ARE AWAY FROM THE BOAT. SWIM DOWNSTREAM..**  
Go to the next page for more details..(

## 1. Floating Position

- Float on your back with your face out of the water.
- Face your feet downstream.
- Hold the paddle with both hands.
- Lift your feet as much as possible.
- Avoid standing in areas with a strong current.



Your foot could become lodged underneath a rock or a driftwood.

## 2. Throw Bag / Rope Bag

- The guide will give a signal before throwing the bag.

Make sure to keep an eye on the rope so it won't get tangled up



- Hold the rope and paddle together.
- Avoid wrapping the rope around your hand.
- Once you have the rope in your hand, lie on your back and float.

It won't come loose due to water pressure.

Swim downstream if the guide says so, not float.



## IF YOU HAPPEN TO FALL IN AN AREA WITH SUBMERGED LOGS...

The guide will give the instruction to swim.  
Swim downstream headfirst.

It helps escape from traps like logs or branches.