Best Practices for Paddling During Physical Distancing

- **Keep group size small**
  Avoid bunching up, especially in the launch area. Solo kayaks are great. In a canoe, even though you may be more than 6 feet behind someone, you’re going to breathe the air they just exhaled. Everyone in your boat will be part of your “transmission unit”, meaning they are isolating in the same household as you.

- **Maintain 6 ft distance at all times, whether on land or water.**
  Yeah, it is going to be weird but we all want to keep each other safe and healthy. Use your outdoor voice, or try out a quiet mindfulness paddle. You may just sneak up on some wildlife!

- **Only touch your own gear.**
  Now is the time for everyone to carry their own gear. If you have to help someone move a boat, be sure to grab the same end of the boat each time. It’s an easy way to reduce the risk of contamination. Even better, though, when you and everyone in your party have the skills, strength and/or gear is to simply do it yourself.

- **Avoid sharing snacks/water**
  We all love a good break from paddling to share snacks and stories. This time, just keep it to the stories and eat your own snacks.

- **Stay Safe**
  Don’t let all the coronavirus talk distract you from staying safe out on the water. The water is fast and cold at this time of year, so wear your life jacket (it’s the law!) and steer clear of strainers and other hazards.

- **Keep the hand sanitizer handy, and use it.**
  As always when exploring the watershed abide by the carry-in carry-out policy. If you are one of those amazing river protectors who actually brings a trash-bag to fill when you walk or paddle, keep yourself safe, use a grabber if you can, and avoid newer looking trash like cigarette butts that could be contaminated.