

**River Running 3x3**

Based on work by Oli Grau (*White Water Kayaking*) and Werner Munter (*Avalanche 3x3*)

How to increase safety and avoid accidents by having the right information to make good decisions:

<b>Factor:</b>	<b>General Conditions</b>	<b>Character of River</b>	<b>Human Factors</b>
<p><b>Area:</b></p> <p><b>Region</b></p> <p><i>Pre-trip planning &amp; research</i></p> <p><b>Resources:</b> Travel/river guides, trip reports, first hand experience, Internet forums</p>	<p>Expected weather conditions; Expected water levels; Remoteness; Emergency help available? Travel Arrangements; Political Situation; Visas, Vaccinations &amp; Insurance;</p>	<p>Catchment area/type (snow or rain fed?) Gradient of area; Nature of river valleys; Grade of rivers; Vegetation; Dangerous Wildlife; Single or Multi-day trips; Access Situation (permits required?);</p>	<p>Who is going? What experience have we got? What condition are we in? Do we paddle together often? What do we want to achieve? What Equipment should we pack? Any extra skills (e.g. first aid)?</p>
<p><b>Local</b></p> <p><i>selecting a river &amp; local observations</i></p> <p><b>Resources:</b> Your observations, local knowledge, guidebooks, OS style maps, river gauges</p>	<p>Current and recent weather observations Short term weather forecast; Building Sites Lots of Trees Down? Actual Water Level; What time does it get dark?</p>	<p>Volume, Gradient, Grade &amp; general nature (bank access/rock type) Access/Egress Does river correlate to guidebook/expectations Length of river Are there emergency egress points?</p>	<p>Do the experience, equipment and expectations match the river? Have we got enough time? Are there any other paddlers?</p>
<p><b>Rapid</b></p> <p><i>deciding to run a rapid or walk it</i></p> <p><b>Resources:</b> Your (collective) experience, eyes and ears, gut instinct</p>	<p>Are the conditions changing? Is the water level rising? Is a storm approaching?</p>	<p>Where is the line? Where are the hazards? What are the consequences? What is protection/rescue access like? What happens after the rapid?</p>	<p>Do you want to run it? Are you in the right frame of mind? Can you make the line? Is rescue possible? Are the risks acceptable?</p>