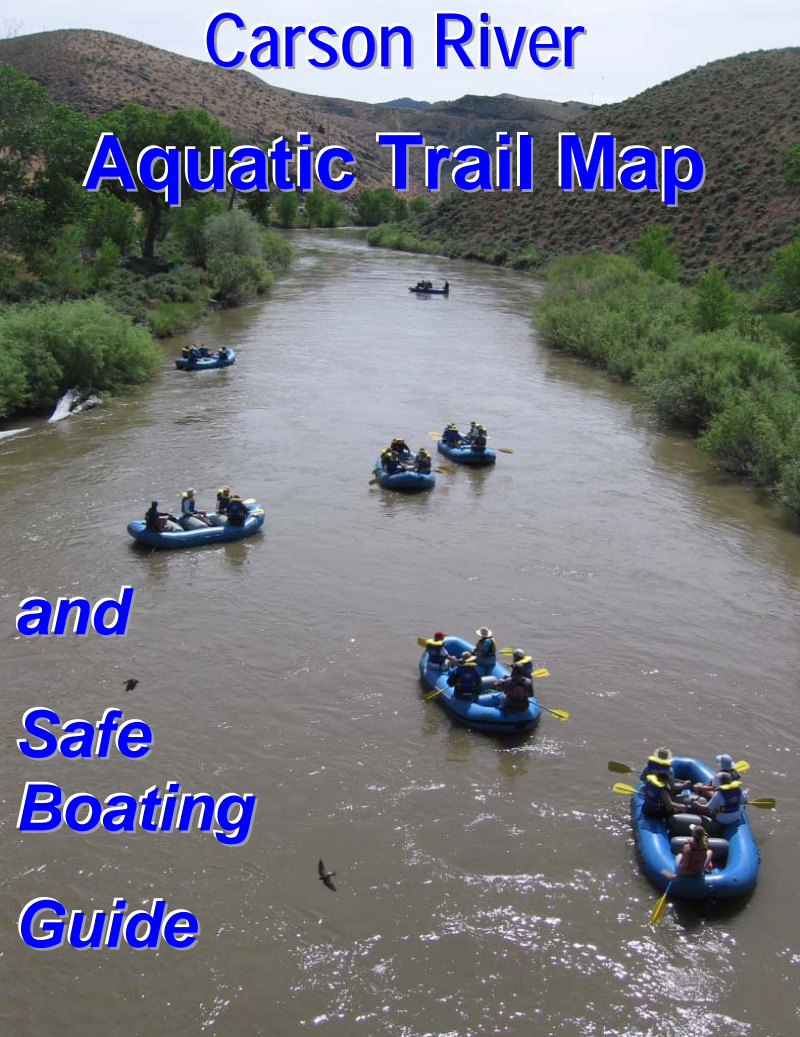


# Carson River

## Aquatic Trail Map

### and Safe Boating Guide



## Using This Map

River recreation, like any outdoor activity involves risk and you are responsible for your own safety. This map is only a guide and in no way a substitute for experience, skill, judgment and common sense. Hands-on education from qualified instructors, clubs, experienced boaters and commercial companies are always the best ways to ensure your adventure will be safe and memorable.

The Carson City Aquatic Trail Map is made possible by:



**Carson City Convention  
and Visitors Bureau**

**Carson City Parks and  
Recreation Department**



**nevada**  
travelnevada.com

**Nevada Commission  
on Tourism**

**Lyon County**



## KNOW YOUR RESPONSIBILITIES

- Always paddle in a group.
- Know the river or stream to be paddled before you begin.
- Bring proper equipment. This includes food, water, safety gear, extra clothes, and whatever else is appropriate for your trip.
- File a float plan/trip plan with someone you trust who will come looking for you if there is a problem.
- Gradually work yourself into the activity.
- Watch for hazards and avoid them.
- Respect the rights of other waterway users.
- Know your physical and emotional limitations.

## UNIVERSAL RIVER SIGNALS

**Help/Emergency** – Wave the paddle in a circular motion and/or give three long blasts on a whistle.

**Go This Way** – Use the paddle to point toward direction of travel.

**Are You Okay?** – Tap the top of your head three times and point to the person whom you are questioning. If they tap their head three times, they are okay. Otherwise, assistance is needed.

**Stop** – Hold paddle horizontally overhead.

**All Clear** – Hold paddle vertical and stationary.

## SELF RESCUE

If a capsize should occur, know how to respond. Know the rescue priorities. The person comes first, then paddle, boat, and finally the gear.

If you are in current, do not stand up. Lie on your back with feet facing downstream and use the defensive swimming technique. If you need to move quickly, roll onto your stomach and use aggressive swimming to get where you want to go. Only when you are in calm water is it safe to stand. This avoids foot entrapment and injury.

## In Case of Emergency Dial 911

The Aquatic Trail runs through rural and remote areas with limited and restricted access. Emergency services are not readily available and delays in emergency response may occur. You are highly encouraged to bring a cell phone to access emergency services. Cell phone coverage is limited in some areas of the canyon. To access emergency services call 9-1-1. Be prepared to provide the dispatcher with as much information as possible as to your location on the Aquatic Trail.

## Guidelines for Safer River Rafting, Kayaking and Canoeing

**Eddy** – When current flows past an object it creates a void behind the object. There, the current typically flows back upstream, creating an eddy.

**Hydraulic** – As water flows over an object it creates a depression behind the object and water flows upstream to fill that depression. A hydraulic results when the water flowing upstream is pronounced and recirculated behind the object. A boil line appears where the upstream and downstream waters separate. Hydraulics can be dangerous.

**Low Head Dam** – Low head dams extend across the river and allow water to flow over the dam, creating a perfect hydraulic which can keep swimmers until they drown. Avoid at all costs.

**Hole** – The area where recirculating water meets the downstream current behind an object. If the edges of a hole point upstream, steer clear!

**Strainer** – When water flows through an obstruction but does not allow solid objects to pass, this is called a strainer. Common strainers are downed trees, logs, or discarded fences. Strainers are extremely dangerous!

**Undercut Rock** – Water can flow under rocks due to their shape or the effects of erosion. This creates a situation where objects, or you, can be trapped under water. If the water flowing into a rock does NOT form a pillow (white, bubbly water against the upstream side of the rock), the rock is probably undercut. Steer clear away!

**Cold Water** – Always prepare for cold water immersion. If the air and water temperature combined equal less than 120°F, wear a wet suit or dry suit.

**High Water** – During snow melts or heavy rain, water levels can rise dramatically. Not only is the current flowing more rapidly, but there are often foreign objects being carried away by the water. Check the water levels before you begin any trip. High water can be extremely dangerous.

## THE GEAR

**Life Jacket** – Always wear a properly fitted PFD (Personal Flotation Device).

**Helmet** – Anytime you kayak in moving water, wear a helmet.

**Whistle** – A whistle is critical in case of emergency. Don't leave shore without it!

**Paddle** – Unexpected things happen on the river, like losing or breaking a paddle. Carry a spare.

**Throw Bag** – Carry a throw bag and learn how, and when, to use it.

**Appropriate Clothing** – Dress for the conditions, and plan to get wet. Carry extra synthetic clothing. Don't wear cotton!

**Footwear** – Wear something secure. Closed-toed shoes are best.

**Flotation** – Ensure there is adequate flotation in your boat.

**First Aid Kit** – Know how to use it and waterproof it.

## Additional Resources

**ACA** – [www.americancanoe.org](http://www.americancanoe.org)

**U.S. Coast Guard** – [www.uscgboating.org](http://www.uscgboating.org)

**National Safe Boating Council** –

[www.safeboatingcouncil.org](http://www.safeboatingcouncil.org)

*Essentials of River Kayaking* by the ACA