



# Paddle India

*Live the adventure in you!!*

## Rafting Guidelines

- Even after booking a rafting trip with your camping trip, if our trip leader or the guide find you not good enough for the particular rafting trip or a stretch he holds the full right to ask you to leave the trip or to join the trip from the stretch where it is safe.
- Please do not force our guide for any of his decision he make for anyone in the group. We ask you to co-ordinate well with the Guides. They know their job well and are well aware of all risks in rafting.
- Please be on a proper outfit for rafting. Our guide holds the full right to not take a person who is not properly in rafting outfit. Please check the checklist.
- **No cliff Jump.** You can ask this at our base or with our guides why we don't do it. Very important for your safety. Do not force our guides to let you to do a JUMP.
- No stop on Public beaches. As per our rafting license we are not allowed to stop on any public beaches. So for us it don't matter what other operators are doing. Our guides are strictly guided not to stop on any public beaches or any Maggi point.
- Guides are very well aware about the place where they know safe to swim. Do not keep asking them to swim all the time. They will instruct you where it will be safe to swim.

You are not allowed to do rafting if you have:-

- Asthma
- Any recent operations
- Pregnancy
- Heart problems
- Any fractures
- Any serious sprains
- Back bone or spinal problems
- Any head injury
- Any allergic reaction ( Bee sting, hay fever, asthmatic etc.
- Severe blood pressure both high and low

**Note:-** Please do not hide any medical or physical problems. Be honest and clear. Safety First!!

**Have a Safe Rafting Adventure!!!**