

## Be safe!!!

**Flipping** –Because we deal with nature AND WE MIGHT FIND THE NYAMINYAMI angry and the Boat flips during the trip. Please don't worry, just remember this: when the boat flips. Do Not panic but hold your breath for some couple of seconds eventually our PFD jacket would make you resurface and look around if the boat is still close to you swim, back to it the boats stay afloat whether right-side-up or upside-down but if not follow all the same swimming procedures; keep your feet downstream, float flat on your back

**Swimming** – the Zambezi River is one of the biggest rivers in the world. In fact it is rated no.3 in Africa after Niger and Nile a high-volume river Because of high volume in this river, even if you are an Olympian swimmer you cannot swim that river.in short swimming experience doesn't matter when booking this trip.

**Maano Adventures** recommends that in the event that you have to swim your feet must be downstream, while your back float so that you can easily avoid hitting the rock in case the current pushes you towards the rocks. Please relax, don't panic because of course the current will not take you to Carbora Bassa lol! You will end up in a pool and our experienced safety kayaker will be with you to help. Keep your eyes open for a rope bag. If the water is deep, turn on your stomach and swim to the closest safe spot or any raft you see even if its not our companies raft. We will always differ out there but when in the river we work together

**In case you find yourself underneath the boat** – You can still breathe underneath but try to get out from there. The rafts we use are too light and with the help of water current they can be easily pushed. Put your hands above your head and push on the boat, use them like you are walking with your hands (spender man) . Pick one direction and keep going.

**Point positive** –our guides are professionally trained to ensure your greatest safety whilst you are the river. The guides may point to direct you while you are swimming, please go that direction. When pointing he will be directing where to go and not showing you a beautiful lady/ handsome man lol. He is pointing which way to go. The faster they point, the faster you should go that way.

**Rope bag** – All our guides carry a bag with a rope inside that would be used to tow you to the boat in the event you fall out and you are a long swimmer( the guide would explain the terms LONG/ SHORT SWIMMER). Please keep your eyes open for ropes thrown from your boat, other boats or shore. Swim to get the rope. Hold onto the rope, not the bag, and put it over your shoulder. We will tow you in backwards.

**Rescue paddles** – In the river we will be acting as a team, If a someone falls and is so close to you please help him if you can, extend your T grip of a paddle and put them back to the boat, please don't use the blade as it will be slippery or might cut you and you let go.

**Other boats** – Other boats are happy to pull you in, go to whomever is closest. If a kayaker is towing you, grab onto the rear tow strap, kick hard with your feet. They will tow you to shore. Do not grab any other part of their boat, paddle or them as this will compromise you're his efforts of rescuing you.

**Pulling someone into the boat** –Grab them by the shoulder straps of their lifejacket, brace your knees on the boat and fall backwards using your body weight not your arms. The person being pulled in should kick with their feet, as you do when getting out of a swimming pool. If you still can't get them in dunk them down into the water so that the buoyancy of the lifejacket can help you out (make sure you let them know what you are doing).