



FOK COVID-19 Guidelines: In preparing to join us, please note that Friends of the Kaw will adhere to all suggested COVID-19 prevention guidelines including social distancing recommendations. See our guidelines below:

FOK Guideline No. 1: Boats & Gear

- Option 1: Bring your own kayak or canoe, paddle, life jacket, food, water and everything you need to be self-sufficient for the day.
- Option 2: Rent FOK canoe or double kayak, paddles, life jackets, food, water and everything you need to be self-sufficient for the day. You must use this boat with a member of your household. If you use Friends of the Kaw canoe, kayak, paddle, or life jacket, they will be provided and disinfected, however, we suggest that you bring your own in any case that you can. NOTE: Life Jackets are required for all FOK Paddle Trips.

FOK Guideline No. 2: Shuttling/Transportation

- All participants must be able to provide your own transportation for the paddle trip. This means that you can drop off a vehicle at the ending boat ramp with your family and have them drop you off at the put in location. We will not be offering any transportation at this time due to COVID-19.

FOK Guideline No. 3: Loading, Unloading and Maintaining Distance

- **Face Masks are required on the boat ramps** and when you cannot maintain 6 feet of social distance.
- Please also bring anything else you need for the day including water, and snacks
- Please respect the 6 ft. of distance space on the boat ramps and sandbars.

What are you signing up for? We will guide this trip on the Kansas River and provide education on the sandbar. The hallmark of our Education Paddle Trips is just that...education! Come learn about the Kansas River, about its environs....or ask us anything you want to know.

We have Kaw River Guides that are experienced paddlers and will be with you on the trip to help with anything you may need, including safety instruction. If you have never paddled before, we will give you instruction and be there with you on your first journey on the Kansas River. We wish that we could provide our standard sandbar lunch and shuttle organization, but for now we believe it is best that we adhere to social distance guidelines while enjoying the day on the Kansas River.

If you have any questions, please be sure to reach out to us. We are happy to help.