**POTENTIAL HAZARD ON THE RIVER**

- **Shedders:** Tones are typical strokes that can trip and float boats. Strainers can pin victims underwater.
- **Current:** Never underrate the power of moving water. Boaters who are not sure that their boat or their ability is up to the prevailing conditions should stay off the water.
- **Cold Water:** Sudden immersion in cold water can lead to cardiac arrest or can cause a person to inhale water. If you fall into cold water, immediately cover your mouth and nose with your hands. Dress properly for the cold by wearing a hat, several layers of clothing and water boots.
- **Hypothermia:** Hypothermia is the lowering of the body’s core temperature and can be fatal if not treated. It begins with shivering. Judgments then becomes clouded and unconsciousness sets in. Remove a hypothermic person from the water and replace wet clothes with dry, dry clothing and/or a blanket. Do not massage the extremities or give the victim alcohol or caffeine.

**RESPECT THE PRIVACY AND RIGHTS OF LANDOWNERS**

Although the access points highlighted in this guide are open for public use, some of the damlands along the water trail is privately owned. Respect the privacy and rights of the landowners by keeping off their property unless you receive permission. Unless you are otherwise certain, assume the land is in private property. Avoid making noise and disturbances. Remember, sound carried across water much further than it carries on land. Many landowners enjoy the river’s peace and solitude. Do destroy or take out any garbage or litter. A friendly wave or quiet greeting is always welcome.

**SADDLEING SAFETY TIPS**

- **Wear your life jacket:** Some 90% of all recreational boating fatalities happen to people who are not wearing a life jacket. Expect to get wet. Don’t leave the boat paddling without your life jacket. They are only as good as the person wearing them.
- **Be prepared to re-inflate:** If the water looks too horrible to venture in, don’t go paddling.
- **If you capsize:** Hold into your boat, unless it presents a life-threatening situation. If floating in current, position yourself on the upstream side of the capsize boat.
- **Save yourself whenever possible:** Know the river. Avoid surging waves.
- **Be prepared for the weather:** Get the forecast before you go. Sudden winds and rain are common and correct a plume trip into a risky, uncomfortable venture.
- **Wear wading shoes or tennis shoes with non-skid soles:** Unfortunately, many boaters overestimate the depth, temperature, and flow of the river.
- **Never take your boat over a low-head dam:** Portages (carry your boat around any section of the river) are required for safety.
- **Never leave your boat unattended:** Do not leave your boat unattended at any section of the river. Do not leave children unattended.
- **Keep proper line:** (ropes tied to the bow) and any ropes snaked and secured.
- **Never in a canoe:** Your canoe is a bigger and heavier craft. Do not use two canoes together.
- **Know to increase your stability:** Throw your weight forward. The waves, wind, or current can knock you off your feet.
- **Know to turn your canoe:** Do not fall out. Do not turn over your canoe. Do not fall out. Do not turn over your canoe. Do not fall out. Do not turn over your canoe. Do not fall out.
- **Know to swim:** Do not swim. Do not swim. Do not swim. Do not swim. Do not swim.
- **Know to jump:** Do not jump. Do not jump. Do not jump. Do not jump. Do not jump. Do not jump. Do not jump. Do not jump. Do not jump.

**LEGAL INFORMATION**

- **Access Points:** Bennett Branch Access Points
- **Ownership:** Bennett Branch Access Points
- **GPS Decimal Degrees:** Bennett Branch Access Points
- **Names:** Bennett Branch Access Points

**EMERGENCY INFORMATION**

- **Emergency:** 911

**Cell service is unreliable in most of the Sinnemahoning Creek Waters Trail.**

**Nearby Hospitals**

- **St Marys, ER:** Regional Health Center: 763 Johnson Rd, St Marys, PA 15857, (814) 798-8000
- **Renovo, Bucktail Medical Center:** 1001 Pine St, Renovo, PA 17764 (570) 923-2000