



All members of the group are over 65 and new to whitewater. While they all appear healthy for their age, two of the members are on beta blockers and have had at least one previous heart attack. The water is cold and the air temperature cool. You should be concerned that they may not be able to paddle well enough to ensure the raft gets to where it needs to go in the larger rapids and, even in wetsuits, you should be concerned that should one of them fall out of the raft or the raft flip it could precipitate a drowning.

Call the river manager and discuss your concerns and options. Then have a frank discussion with the group to air your concerns and discuss options. Reasonable options could include:

- Run a different and easier section of the river where it's highly unlikely that someone would fall out of the raft.
- Put a center-mounted rowing rig on the raft and teach the clients how to crouch and hold on as they go through the bigger rapids.
- Consider taking a sneak route, should one exist, on the larger rapids.
- Run close between two other rafts in case someone falls out to increase the speed of a rescue.

NOTE: Many outfitters have minimum ages for trips, few have a maximum age. As people age, their bodies break down and become less resilient physically and mentally. People over 65 should be carefully assessed before embarking on an outdoor trip, especially for the first time. A written trip medical form requiring a health care provider's—physician, PA, or nurse practitioners'—signature for multi-day trips is preferred; for day and half day trips, a well designed self-reporting form may suffice.