



American Baptist Churches USA

Clergy and Leadership Development

Whitewater Rafting

1. Whitewater is what you came for, so enjoy it.
2. You must decide whether to steer from the front or the back.
3. Rest in the calm places, there will be more whitewater soon.
4. Never stop paddling; even when it seems hopeless.
5. The safest place is on the edge of the boat.
6. No matter what...do not panic. It will only make it worse.
7. Don't be surprised if the boat does not go where you think it should be going.
8. Paddling on the left makes the boat go right...
9. If you go under, let go of everything and eventually, you will surface.
10. No matter how much you paddle, it will be the current that you will take you downstream.
11. No matter what else you are thinking, the raft is the safest way through.
12. Be nice – the people in the boat are the only ones who can pull you back in.