

TANDRIDGE CANOE AND KAYAK CLUB

KAYAKING IN SAFETY

Guidance Notes

WHEN USING CLUB KIT, UNDER 18'S MUST ALWAYS BE SUPERVISED BY A COMPETENT ADULT

Remember these 4 Golden Rules:

DON'T GO ALONE

- Always make sure that you paddle in a group of 4 people minimum. That way, if you have a problem and help is needed, two people can go together to get help, whilst one person remains with the person in trouble.
- Make sure that someone who is not on the trip knows where you are going and when you expect to be back. Make sure that they know that you have got back!

TAKE ADVICE

- Start off by going on trips accompanied by BCU Coaches. Learn from them.
- Get a detailed weather forecast from the internet and prepare accordingly.
- Look up the Access Officer on the www.bcu.org.uk and call him/her in advance to check that you are permitted to paddle on the stretch of water. Only 2% of the rivers in England and Wales are open to kayakers. There is a network of voluntary BCU Access Officers, each covering a different area. They should be able to give you valuable advice about when you can paddle, local events and updates on dangers on the river.

SPOT THE DANGERS

- Accidents in water can rapidly become life-threatening, even fatal. Make sure that you can spot the dangers.
- Learn to spot the dangers by going on trips with more experienced paddlers and Club Coaches. Don't go without a Coach until you are competent.

LEARN HOW TO HELP

- Make sure that you know about the medical conditions of anyone you are paddling with and how to help if they need you to (eg administering medication)
- Once you are age 14 and over and have Paddlepower Level 9 or the 2* Award, you are eligible to take the Foundation Safety and Rescue Test. This Award will teach you about hazards, ensure that you can look after yourself and demonstrate how you can help others.
- Once you are age 16 and over and are paddling whitewater rivers at Grade 2 or above, you should undertake Whitewater Safety and Rescue Training.