

# Paddlers Safety

## What people need to know before going on the water

### Paddlers please read:

All paddlers need to wear a **buoyancy aid**.

**Clothing:** Bring suitable for the weather.

- Sunny hot day: Hat / suncream / sunglasses / water bottle.
- Windy, cold or rainy: The club can provide rainproof cagoules (cags) if windy, cold or rainy.
- Ideally, wear shorts & a base layer (polypropylene) tops instead of cotton.
- Footwear that you don't mind getting wet or muddy (sandals, neoprene booties)

### Please obey the coach's instructions:

We are all here to enjoy the river and have safe and enjoyable paddling – dangerous & disruptive behaviour will not be tolerated. CPCC reserves the right to prevent any person participating in any activity, should we suspect that they may be under the influence of drugs or alcohol, as it can affect any activity and make it potentially highly dangerous.

### Before going on the water, please alert a coach (in confidence) if:

- You cannot swim
- You have health or medical issues relevant to this activity and ensure that you bring relevant medication with you in the boat eg: inhaler for asthma.

**Important:** Please bring minimum of valuables and **do not** bring anything electronic, keys, phone, that could get damaged by water or lost in the, unlikely, event of a capsized – otherwise carry a dry bag or fully sealable Tupperware or Pelican/Otterbox case. Spare clothing and a towel might also be useful.

Note: CPCC can offer limited storage but cannot accept any responsibility for lost or stolen items.

### Risks & Hazards

- Slippery pontoon/ riverbank.
- River users: kayakers / canoeists / scullers / rowing boats.
- Ferries & cruise boats.
- Overhanging trees.
- Bridges.
- Static Buoys.
- Fishing hooks/lines.
- Tides & currents.
- Polluted water - Wash hands, wounds and face immediately coming off the water (reduce risk of infections / Weil's Disease).
- Weather (Cold = Hypothermia) – (Heat = Heatstroke/Sunburn)

Please ensure that you have read and understood this information. Speak to a coach if you have any queries before getting on the water.

Please sign the Participant Declaration Form and pay fees before the paddle.