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| **Please read the following carefully; it is intended to help ensure that you take reasonable steps to ensure your own safety and well-being during the paddling event being organised by Copeland Canoe Club.**  **You can help in the safe delivery of the event by reading the following checklist and bringing any matter of relevance or that you are unsure of to the notice of the organisers. Thank you.** | | |
| **Safety Checklist** – Before you paddle it is your responsibility to ensure that: | | |
| 1. | You have advised the organiser and your group Leader of any medical or other condition that may affect your own or somebody else’s ability to safely take part in the activity. You carry any medication you may require during the trip. | Y/N |
| 2. | You are physically competent to complete the activity as described. | Y/N |
| 3. | You (and any paddling partner/s) wear an appropriate, properly fitted buoyancy aid / Personal Flotation Device while on the water. | Y/N |
| 4. | You carry an accessible whistle, and a device for cutting rope in the event of entanglement. | Y/N |
| 5. | Your canoe/kayak is water-worthy and appropriate for the activity. | Y/N |
| 6. | Your canoe / kayak is fitted with sufficient flotation (air bags, blocks or sealed compartments) such that it will remain afloat and provide buoyancy for the crew even if fully swamped. | Y/N |
| 7. | Canoe / Kayak: You carry an appropriate bailer or pump, and a sponge. Kayak: You have an appropriate spraydeck and can exit your kayak if necessary on capsize with it fitted. | Y/N |
| 8. | Canoe: fitted with painters (ideally ~4 m in length), securely attached to the end loops or grab handles of the canoe, and stowed in such a way that they cannot entangle a swimmer in the event of a capsize. Sea kayaks have adequate deck lines securely attached to the decks. | Y/N |
| 9. | Canoe: You carry a spare paddle per crew member. Kayak: You carry a spare paddle or have access to at least one spare between a small group of paddlers. | Y/N |
| 10. | You carry an accessible throwline **provided that** you are trained to use it. | Y/N |
| 11. | You wear clothing and footwear appropriate to conditions on the day and have extra layers stored in dry bags, available in case of immersion, change of conditions or unexpected delays.  UK waters remain cold even in warm weather with the inherent risk of cold-water shock and hypothermia. Clothing choice when paddling must address this if there is any likelihood of immersion. | Y/N |
| 12. | You have access to additional items such as hat/ sun hat, gloves, sun glasses, lip salve, sunscreen, insect repellent, plasters, blister plasters, etc., as required by the conditions | Y/N |
| 13. | You carry sufficient food and drinks for the trip. You carry emergency rations for use in the event of an unexpected delay, as well as a hot drink or a means of making one. | Y/N |
| 14. | You wear an appropriate helmet if paddling rivers, or where there is a risk of head injury in case of capsize or boat collision. | Y/N |
| 15. | You have a suitable waterproof head torch If involved in any night paddling. | Y/N |
| 16. | You can swim 25 metres in your paddling gear and PFD. | Y/N |
| 17. | You have asked for clarification on any point you are uncertain of in any briefing or safety instructions. | Y/N |