

SAFETY REQUIREMENTS

- I can remount in rough water ☐
- I will ALWAYS wear my PFD ☐
- I will always wear my leash - SUP and Prone ☐
- I am carrying my tracker which is turned on ☐
- I am carrying a mobile phone in a waterproof container on my person ☐
- I am carrying a bivvy bag, light and whistle on my person ☐
- I understand race management team will only rescue me, not my craft ☐
- I understand I am fully responsible for my own safety ☐
- I have a minimum of £2,000,000 third party liability insurance in place* Try our event sponsors **Noble Marine** for a quote <https://www.noblemarine.co.uk/boat-insurance/the-great-glen-challenge/> ☐
- I am dressed appropriately for the water and weather conditions. I have been advised to wear neoprene or drysuit due to the water temperature ☐
- I am carrying a spare set of dry clothing ☐
- I am carrying sufficient food and hydration ☐
- I will stop and assist a paddler in distress ☐

Name _____

Signature _____