

# JCC Wet Exit Training

## **Purpose**

This exercise is to ensure the safety of paddlers participating in Club sessions. Every participant must prove that they are competent at wet exiting their kayak in a safe and composed manner. They should also demonstrate that they are able to rescue any paddler who has capsized. This can only increase the general level of safety on Club sessions

## **Timings**

The Club is able to run wet exit training at any session throughout the year, this ensures that all participants have completed the exercise and are up to date.

The training can be completed at any time of the year to ensure that all members are up to date.

## **Who needs to qualify?**

Everyone who paddles on the sea with the Club, general members, coaches and leaders. All paddlers participating in Club trips away from the Island must demonstrate the wet exit and rescue prior to leaving Jersey.

## **How do you qualify?**

By demonstrating to a qualified Club coach or leader that you can safely wet exit your kayak in a calm and composed manner. It has to be conducted under the following conditions:

1. The spray deck must be in place and released under water
2. The test must take place in the sea at an appropriate location.
3. The participants must be wearing appropriate paddling equipment.
4. The exercise must take place in Jersey
5. As well as a wet exit participants should demonstrate the rescue of another paddler.

A Club leader or coach is any qualified person who is active on the Club session rota.

## **How long is the wet exit training valid?**

It is valid for the calendar year. The wet exit should be demonstrated the first time each year that the member paddles on the sea in Jersey with the Club.

## **Recording**

The name of the paddler and the date will be recorded on a spreadsheet, which will be available to coaches and leaders to view and update when necessary. Ideally each paddler who completes the exercise will be given a tag to wear on their buoyancy aid, indicating that they have successfully completed the exercise.

## **Implementation**

Any paddler who attends Club sessions but hasn't completed their wet exit training will be refused participation on the session.

This expectation to complete the wet exit and rescue is part of the Jersey Canoe Club's commitment to the safety of their members.