



## **JCC Wet Exit Policy**

### **Purpose**

To help ensure general paddler safety on club paddles. Each club paddler must prove they are competent at wet exiting their kayak in a safe and composed manner and are capable of either a self-rescue or following instructions to assist in re-entering their craft. This is to help reduce the risk of entrapment issues whilst ensuring that members know that they can be rescued if they capsize.

### **Timings**

The club may run wet exit training at any session throughout the year to ensure that all participants have completed the exercise by the 1<sup>st</sup> May each year. This follows that on the 1<sup>st</sup> May all members attending a session should have completed their wet exit.

If a person joins the Club who wasn't a member the year before they must complete their wet exit on their first paddle of the season, even if that is before the 1<sup>st</sup> May.

### **Who needs to qualify?**

Everyone who paddles with the club on the sea. Leaders, Coaches and general club paddlers.

### **Visitors and overseas members**

If the visitor(s) experience level is known to the session leader or they can provide evidence of any training which would include a wet exit and deep-water rescue, they can take part in the paddle session. Ideally this should be established in advance to avoid any embarrassment or disappointment in not being able to join in with the session.

### **How do you qualify?**

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

- Starting with the spray deck on and being released underwater
- Test conducted in the sea, in deep water, where the participant can't touch the bottom
- During sheltered water conditions.
- While wearing full kayaking gear. Cag, dry/wet suit, BA, spray deck, helmet.
- If paddling a double then the wet exit must be demonstrated in a double.

### **Definition of a club qualified club coach or leader**

Any club coach or leader who is active on the current Club session rota can record the successful completion of a member's wet exit. A member completing their wet exit should not demonstrate it to their partner.

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

The wet exit must be completed by the 1<sup>st</sup> May every year. It is then valid for the rest of the year and until the 30<sup>th</sup> April the following year.

The exercise has to be demonstrated in Jersey as these are the waters in which the Club paddles the most regularly.

### **Recording**

The date and the name of paddler will be recorded on the JCC Paddlers WhatsApp group, which can be viewed by all the Clubs leaders and Coaches. This means that the members who have completed their wet exits can be checked on the beach if necessary

### **Implementation**

Any club paddler who attends club paddles and does not complete their wet exit training will be refused attendance on Club paddles until the wet exit has been completed.

### **Further considerations**

- 1.) The Club will provide specific training to members who may lack confidence in wet exits. This could include pool sessions before progressing to the sea. An alternative is 1 to 1 training with a leader or coach in sheltered water.
- 2.) If members are unable to complete their wet exit, then the Club will provide alternative sessions, for example the use of Sit on Tops at St Catherine's on a Tuesday evening or encouraged to participate in the SUP sessions. These sessions should take place in Sheltered water where the paddlers are no more than 200 metres offshore and the wind strength does not exceed Beaufort force 3, avoiding the group being swept/blown out of the safe working area, tidal flows should be less than 0.5 Knots.
- 3.) Leaders and coaches running sessions for the Club are empowered to make these decisions.