



## The “Keep Safe” Kayaking Code

Sea Kayaking is a fantastic activity but at times it has the potential to be hazardous, partly because of the nature of the environment in which we operate. Safer sea kayaking is a consequence of appropriate coaching and knowledge.

- 1) Only go out in conditions that are suitable to your level of experience and skills and never paddle alone. Tell someone on shore your intended destination and expected time of return. Remember to call them to let them know that you are safely off the water.
- 2) Get a Weather Forecast and Tidal Information for the period you intend to be out on the water. Monitor conditions whilst out on the water for any significant changes, for example, the development of thunderstorms.
- 3) Always wear an approved buoyancy aid and wear appropriate clothing to prevent becoming cold or too hot, remembering that it is always cooler once on the water. If you are rock hopping or playing in the surf wear a helmet.
- 4.) If you are going out on a SUP always wear a coiled waist leash unless you are surfing when a straight ankle leash is appropriate
- 5) It is always good practice to take some food and drink. Develop your own safety pack, containing first aid, repair kit, spare clothing etc. Always take a VHF Radio and a mobile phone in a waterproof case.
- 6) To get maximum enjoyment from your paddling take a training course to learn the basics. The Club runs training throughout the year and the pool at Les Quennevais is an excellent way of developing skills. The Club is really fortunate in having many qualified and experienced coaches and leaders who are willing to share their expertise. Just ask.
- 7) Think ahead and take responsibility for your own safety and that of others. Sea kayaking is an individual sport, but a group activity so always paddle with friends, its far more enjoyable as well as being safer.

Any questions just ask.