

# **SAFE PADDLING POLICY**

## **The Eyot Centre (Henley Canoe Club, Henley Dragon Boat Club, Eyot Duke of Edinburgh)**

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### **Approved:**

Approval by Henley Canoe Club (HCC), Henley Dragon Boat Club (HDBC), Eyot Centre Duke of Edinburgh Award (D of E) and Eyot Centre Manager

<b>Revision</b>	<b>Date</b>	<b>Comment</b>
V2	7/2/19	Updated after meeting between both sections Pages highlighted in yellow are updates
V3	6/12/19	General review and updated to incorporate new British Canoeing / HCC performance Awards
V4	22/03/20	Revision to take into account points raised in meeting working group meeting, February 2020

## **1 INTRODUCTION**

This document defines the safe paddling policy for all members of the Eyot Centre when paddling from the Centre or using Centre equipment on other waters. The Eyot Centre comprises different sections (Henley Canoe Club, Henley Dragon Boat Club and Eyot Duke of Edinburgh) whose activities are covered by this policy. The Centre recognises that peoples experience and understanding counts as much as having a paper qualification when leading or participating in sessions. To this end members will be allowed access to the water at a level appropriate to their experience and qualifications. Organised sessions will always have an appropriate session leader system in place.

Paddlers involved with the centre through the Duke of Edinburgh Award scheme will follow the policies set out in relation to relevant to the craft they are to paddle.

Paddlesports are safe and enjoyable activities if the risks are understood and controlled. These Policies are designed to ensure everyone can participate safely. All coaches, session leaders and group leaders are required to adhere to these policies. Furthermore, it is recommended that all club members read and understand the contents of this document.

There will be occasions when adverse weather or water conditions or differences in ability level fall outside these policies. The Session Leader is delegated the authority to decide where and when people can participate. A dynamic risk assessment taking account of weather and water conditions and individual paddler's ability will be undertaken for all Paddlesport sessions.

## **2 SAFETY EQUIPMENT AND CLOTHING**

Safety equipment and clothing appropriate for the conditions should be used at all time when using the centre, when on organised trips or using club boats outside of regular club sessions.

- A Buoyancy Aid (BA) must be worn at all times when on the water or when on the bank close the waterside. (Exceptions to this rule can be made for paddlers at race events with safety boats in place who are 18+)
- Appropriate footwear must be worn at all times. Flip flops or similar loose fitting footwear is not recommended. Footwear that may damage the boat must not be worn.
- Clothing appropriate for the prevailing conditions should be worn. Clothing should not restrict movement and not be prone to waterlogging. Cagoules or windproof tops are recommended in poor weather and headwear is recommended in hot weather to prevent over exposure to the sun. Denim and cotton are not recommended.
- Helmets must be worn when paddling in white water or weirs. At the session leaders discretion, helmets may also be required for games such as water polo.
- All paddlers must wear lights when paddling in the dark. Lights must be white and have 360 degrees of visibility.
- Craft should be fitted with the appropriate navigation lights when required and as appropriate.
- HCC Junior and Youth coaches will be identified by a single blue light worn in addition to a white light. HDDB paddlers will all wear a single white during the hours of darkness
- A mobile phone in a suitable waterproof case/bag and throw line must also be carried in the coaches craft at all times. A good understanding of local topography to direct Emergency services is also required.

### **3 PERSONAL SKILL LEVELS**

Paddlers participating in general paddlesport; for leisure, training or competition sessions outside of the regular/organised sessions, i.e. not coaching sessions or organised group sessions (inclusive of outside groups) , must demonstrate individual competence in the conditions appropriate to the activity.

Participants paddling outside of regular/organised sessions must demonstrate an ability to safely handle a capsize situation in any craft owned by Eyot. They must be able to empty their boat and get it to a place of safety. They should also understand their individual duty to look after other members of the group and render assistance in an emergency situation at a level appropriate to their training.

The person in charge of a regular/organised session would typically be responsible for ensuring the paddlers they are responsible for have the appropriate level of skill/competence/safety training for the activity they are engaged in.

### **4 SESSION SUPERVISION AND STAFFING RATIOS**

Adequate supervision of Paddlesport activities is crucial for ensuring the safety and enjoyment of all participants. The varying nature of water and weather conditions in addition to varying abilities of the participants must be taken into account.

The Eyot Centre adopts a policy based on the recommendations of the appropriate sport's governing body (British Canoeing and British Dragon Boat Association) to cover the specific nature of Paddlesport activities from The Eyot Centre and authorised trips. The policy should be regarded as a minimum. Further restrictions may be applied based on a Dynamic Risk Assessment conducted by the Coaches and Session/Group Leaders. Extreme conditions are not included in this scheme.

The policy takes account of:

- Water Areas and limits
- Qualifications of Supervisors
- Ratio of Supervisors (coaches) to participants
- Participant ability
- Environmental conditions
- Daylight or darkness

The staffing ratios define the overall numbers of supervisors (Session Leader and Group Leaders) to students or participants. Each session will have a nominated Session Leader with additional Group Leaders where required to ensure the safety of all participants.

In addition, all Dragon Boat paddlers will be paired with their seat partner (in case of a capsize). The helm will link up with the back seat pair and the drummer with the strokes.

A regularly (approximately six monthly) updated record of Coaches and Helms will be kept by the committee and will be available to the Eyot Centre at all times.

#### **Session Leaders**

The Session Leader will be the overall person in charge. The Session Leader may be water based or observing from the bank if appropriate. Remote supervision is acceptable providing appropriate measures are in place to ensure the safety of the group as far as is reasonably practicable. The Session Leader is delegated the authority to decide where, when and if people can participate.

HCC Session Leaders will typically be qualified to a minimum of BC Level 2 Coach (or more recent, equivalent BC alternative) and be either present on the water or bank depending on the water area or activity. Paddlers with an appropriate level of skill, responsibility and experience may also be designated as Session Leaders without the qualifications above, only when designated by the appropriate club or section committee.

HDHC Session Leaders will be qualified to a minimum of BDA Level 2 Coach (or more recent, equivalent BDA alternative) and be present on the water. When on the water the Helm will be the overall person in charge. The Helm in conjunction with the Coach is delegated to decide where and when people can participate.

A BC Level 1 Coach (or more recent, equivalent BC alternative) can work independently as HCC Session Leader in very sheltered, sheltered, or sheltered tidal water having completed appropriate site/session specific training and assessment. The risk assessment must be completed (and documented) by a more qualified BC Coach. The BC (UKCC) Level 1 Coach (or more recent, equivalent BC alternative) can only work independently within the management structure of a club or centre

### **Group Leaders**

Group Leaders are water based and provide support to the Session Leader and participants in organising and conducting activities safely. The Group Leader will again not necessarily hold a coaching qualification but will be able to demonstrate appropriate paddling ability and be able to demonstrate maturity and understanding of the task of group leader.

HCC and Duke of Edinburgh Award Group Leaders will possess BC 2 Star / HCC "Discover" Paddle award (or more recent, equivalent BC alternative) and FSRT and be 15 years or older and have parental agreement if under 18 years of age. Paddlers with an appropriate level of skill, responsibility and experience may also be designated as group leaders on occasion. Group Leaders will be formally agreed (and documented) by recommendation of two club BC coaches to the Henley Canoe Club committee.

The HDHC require their Group Leaders to be a minimum of 16 years of age and have parental consent if under 18 years of age. They shall be a Dragon Boat Association Qualified Helm OR an experienced and responsible paddler specifically authorised by the relevant Section Committee.

### **Other Notes**

The group or session leader should place themselves in a position of maximum usefulness, relative to the group they are paddling with (e.g. for a marathon kayaking training session, the leader may position themselves at the back so they can see all paddlers). Maintaining the appropriate level of communication with the group must be a key consideration for any leader.

Session and/or Group Leaders operating out of sight of the Eyot Centre river frontage shall ensure that at least one mobile phone is carried by a leader, in a suitable waterproof floating case/bag. A

throw line should also be carried when appropriate (and the leader should have the appropriate training for how to use one). These pieces of equipment should be accessible to the leader at all times.

### **Paddling Outside of Organised Sessions**

If paddling outside of an organised session, all paddlers must fill in both the register and activity log/notification board on the wall next to the wet-side exit. All columns on the board must be filled in and the person's entry on the board cleared on safe return to the centre

Adult members (once deemed suitably competent) may paddle unsupervised but are encouraged to paddle in a minimum group of three as per British Canoeing Recommendations. If paddling solo, members must notify another member or appropriate alternative land based contact (e.g. your next of kin) before and directly after being on the water (and they should be aware of your planned schedule). A mobile telephone must also be taken with you and a suitable waterproof bag/container.

Unsupervised use of club boats is not generally permitted when Environment Agency Yellow or Red stream warnings are in force. Unsupervised use of club boats is not generally allowed after dark.

Only members of the Centre, Henley Canoe Club, Henley Dragon Boat Club or the Duke of Edinburgh Section are covered by the Centre's third party and public liability insurance. Other groups, individuals or hirers using the facilities of the centre must arrange their own insurance as a condition of taking part in Paddle sport activities. No liability whatsoever will be entertained by the centre or its clubs or section arising from failure to do so.

## **5 WATER AREA GUIDES**

The following pages set out the various "Water Areas" that apply to each of the clubs/sections and the relevant safe paddling practices that apply within each. They are intended to provide a short summary of the safety paddling requirements that are relevant to each area; the detailed text set out elsewhere in this document should be referred to where appropriate.

## **HENLEY CANOE CLUB / D of E WATER AREAS AND SESSION SUPERVISION Page 1 of 2**

<b>Water Area limit and Environmental Classification</b>	<b>Supervision and Staffing Ratio</b>	<b>Participant ability</b>	<b>Additional Notes</b>
<p><b>Water Area A</b> The section of river between Shiplake Lock and Aston Ferry No paddling in the weir stream upstream of Shiplake Lock canoe portage. Beginners may be restricted to direct line of sight in front of the landing stage at discretion of Session Leader</p> <p>Very Sheltered Water (On EA Yellow or Red stream warnings classification becomes Sheltered Inland Water)</p>	<p><b>Session Leader:</b> BC Level 2 coach, Paddlesport Leader, or more recent, equivalent BC alternative, taking overall responsibility. Alternatively, BC Level 1 coach, more recent, equivalent BC alternative or person deemed to have an appropriate level or skill, responsibility and experience, with Site Specific Training and Assessment. Session Leader to be water based when paddling above Marsh Lock or below Henley Bridge</p> <p><b>Additional Group Leaders:</b> Water based leaders with BC 2 Star, HCC “Discover” Paddle award (or more recent, equivalent BC alternative) and FSRT or person deemed to have an appropriate level or skill, responsibility and experience. Minimum 15 years old and be able to demonstrate maturity and understanding of the task of group supervisor.</p> <p><b>Staffing ratio:</b> Appropriate to activity been undertaken (and considering British Canoeing Guidance)</p>	<p>Participants must be the equivalent of BC One Star, Paddlepower Passport, HCC “Start” Paddle award, or more recent, equivalent BC alternative.</p> <p>Participants must demonstrate maturity to be on the water at this level and the ability to cope with the water and weather conditions.</p>	<p>For a trip to a weir the Session Leader will need to be water based and a BC Level 2 coach (or more recent, equivalent BC alternative) with the appropriate British Canoeing white water leader/coach training.</p> <p>Where participants on the water are less than 18 years of age and attending a session organised outside their normal club section programme parental consent must be given in writing to the session leader.</p> <p>Information on river conditions can be obtained from Marsh Lock (01491 572992) or the <a href="#">Environment Agency website</a>.</p> <p>When using Bellboats, each helm is required to hold the BC Bellboat Helm qualification and be over the age of 18 or at 16 they can become a trainee helm.</p>
<b>Paddling in the Dark</b>		<b>Paddling on EA Yellow or Red Stream warnings</b>	
<p>The Session Leader will be water based The minimum group size will be three boats with no unaccompanied paddling All participants to wear a single white light with Session/Group Leaders wearing an additional blue light Games or rescue/capsize training should be restricted to the floodlit area directly in front of the landing stage Any swimming activity must be closely supervised after dark and may not be permitted at the discretion of the session/group leader</p>		<p>The Session Leader will be water based Racing boats are generally not to be paddled on EA Red stream warnings. An exception to this may be made for organised races where the race organisers have specific risk assessments in place, or under the express permission of an appropriately qualified coach. BA’s must be worn with no exceptions Bell Boat helms must complete an Eyot Specific Assessment before helming on Red Boards.</p>	

At all times it is the responsibility of Session/Group Leaders, Coaches to continuously assess on-going risks (Dynamic Risk Assessment) and adapt accordingly to ensure safety of all participants.

## HENLEY CANOE CLUB / D of E WATER AREAS AND SESSION SUPERVISION Page 2 of 2

Water Area limit and Environmental Classification	Supervision and Staffing Ratio	Participant ability	Additional Notes
<p><b>Other Waters</b> This area is effectively limitless and covers flat water paddling on rivers or canals, white water and sea paddling.</p> <p>All classifications including Moderate/Advanced White Water and Moderate/Advanced Inland Water</p>	<p><b>Session Leader:</b> BC Level 2 coach, or more recent, equivalent BC alternative, taking overall responsibility. Alternatively, for Very Sheltered and Sheltered Inland Water only, Paddlesport Leader or BC Level 1 coach, more recent, equivalent BC alternative, or person deemed to have an appropriate level or skill, responsibility and experience with Site Specific Training and Assessment. Session Leader to be water based</p> <p><b>Additional Group Leaders:</b> Water based leaders with BC 2 Star or HCC “Discover” Paddle award (or more recent, equivalent BC alternative) and FSRT, or person deemed to have an appropriate level or skill, responsibility and experience. Minimum 15 years old and be able to demonstrate maturity and understanding of the task of group leader.</p> <p><b>Staffing ratio:</b> Appropriate to activity been undertaken (and considering British Canoeing Guidance)</p>	<p>Participants must be of an appropriate standard of competence to the water and weather conditions.</p> <p>Participants must demonstrate maturity to be on the water at this level and the ability to cope with the water and weather conditions.</p>	<p>For a trip to a weir the Session Leader will need to be water based and a BC Level 2 coach (or more recent, equivalent BC alternative) with the appropriate British Canoeing white water leader/coach training.</p> <p>Leaders/Members wishing to run club sessions on “Other Waters” will need to have trips approved by the HCC Committee</p> <p>An itinerary and risk assessment is to be completed and agreed with the HCC Committee and prior to departure. This will depend on the type of trip being planned.</p> <p>Trips will need to be organised and led by an appropriately qualified and experienced Session Leader. Where considered necessary there may be an additional requirement for:</p> <ul style="list-style-type: none"> <li>• Both supervision on the water and bank support</li> <li>• Land based emergency contact person</li> <li>• Additional qualifications for certain activities such as tidal waters or open seas/coastline</li> </ul> <p>Where participants on the water are under 18 years of age and attending a session organised outside their normal club section programme parental consent must be given in writing to the Session Leader.</p>

At all times it is the responsibility of Session/Group Leaders, coaches to continuously assess on-going risks (Dynamic Risk Assessment) and adapt accordingly to ensure safety of all participants.

## HDBC/Outriggers/O1s WATER AREAS AND SESSION SUPERVISION Page 1 of 1

Water Area limit and Environmental Classification	Supervision and Staffing Ratio	Participant ability	Additional Notes
<p><b>Water Zone A</b> The section of river is directly outside of the club house with good visual contact from the main pontoon at all times</p>	<p><b>Session Leader:</b> HDBC Session Leaders will be qualified to a minimum of BDA Level 2 Coach and be present on the water or bank depending on the water area or activity.</p>	<p>Participants must be club members and wear suitable clothing and appropriate buoyancyaid.</p> <p>Participants must be able to swim 25mtrs and this must be agreed verbally.</p> <p>Participants must understand River traffic rules and demonstrate a safe capsize and recovery from any small craft.</p> <p>This section is used for beginners who have not proved competency through capsize</p> <p>Once the session leader is confident and the participant has completed the capsize drill then sessions can take place away from club. They must be confident in turning the boat and stopping the boat.</p>	<p>Where participants on the water are less than 18 years of age and attending a session organised outside their normal club section programme parental consent must be given in writing to the session leader.</p> <p>Leaders/Members wishing to run club sessions beyond HDBC water areas A to D will need to have trips approved by the HDBC Committee</p> <p>An itinerary and risk assessment is to be completed and agreed with the HDBC Committee and prior to departure. This will depend on the type of trip being planned.</p> <p>When using Bellboats, each helm is required to hold, as a minimum, the BC Bellboat Helm qualification</p> <p>Information on river conditions can be obtained from Marsh Lock (01491 572992) or the <a href="#">Environment Agency website</a>.</p>
<p style="text-align: center;"><b>Paddling after dark</b></p> <p>The Session Leader will be water based All participants to wear a single white light A phone must be carried Visual contact at all times 3 paddlers as a minimum with a CL1 being one of the three</p>		<p style="text-align: center;"><b>Paddling on EA Yellow Stream warnings</b></p> <p>The Session Leader will be water based Caution must be taken when paddling on Yellow. FULL DRA must be completed by a CL2 or recognised person highlighted by committee Dragon Boats are not to be paddled when Red stream warnings are showing. An exception to this may be made for organised races where the race organisers have specific risk assessments and insurance in place Bell Boat helms must complete a Site Specific Assessment before helming on Red Boards BA's must be worn with no exceptions</p>	

At all times it is the responsibility of Session Leaders, Coaches and Helms to continuously assess on-going risks (Dynamic Risk Assessment) and adapt accordingly to ensure safety of all participants.



## HDBC/Outriggers/O1s WATER AREAS AND SESSION SUPERVISION Page 1 of 2

Water Area limit and Environmental Classification	Supervision and Staffing Ratio	Participant ability	Additional Notes
<p><b>Zone B</b> Marsh Lock to Henley Bridge</p> <p><b>Zone C</b> Marsh Lock to Temple Island</p>	<p><b>Staffing ratios:</b> O1s, V1s – 1:4 OC2 - 1:2 OC3 – 1:3 OC6 – 1:5 Dragon Boats 1 Basic helm, 1 CL1 or above (applies to all water areas)</p> <p><b>Session Leader: (with throw line and phone)</b> The Session Leader will be a suitable person identified by the committee (who will have a record of Paddlesport members and have been approved by R Parrot to use his craft) they must also be over the age of 18.</p>	<p>Participants must be club members and wear suitable clothing and appropriate buoyancyaid.</p> <p>Participants must be able to swim 25mtrs and this must be agreed verbally.</p> <p>Participants must understand River traffic rules, basic river terminology and procedures for a capsized.</p>	<p>Where participants on the water are less than 16 years of age and attending a session organised outside their normal club section programme parental consent must be given in writing to the session leader.</p> <p>Leaders/Members wishing to run club sessions beyond HDHC water areas A to D will need to have trips approved by the HDHC Committee</p> <p>An itinerary and risk assessment is to be completed and agreed with the HDHC Committee and prior to departure. This will depend on the type of trip being planned.</p> <p>Information on river conditions can be obtained from Marsh Lock (01491 572992) or the <a href="#">Environment Agency website</a>.</p> <p>Suitable for beginner sessions Paddlers must complete a basic proficiency test which includes a capsized 10mtrs from the launch site. HDHC are aware that conditions can be cold but if members wish to paddle solo they must prove safe.</p>

At all times it is the responsibility of Session Leaders, Coaches and Helms to continuously assess on-going risks (Dynamic Risk Assessment) and adapt accordingly to ensure safety of all participants.

## HDBC OC (non Dragon Boat) WATER AREAS AND SESSION SUPERVISION Page 2 of 2

Water Area limit and Environmental Classification	Supervision and Staffing Ratio	Participant ability	Additional Notes
<p><b>Zone D</b> Marsh to Hambledon Lock known as 'weir to weir'</p>	<p><b>Session Leader:</b> Suitable for all paddlers who have been approved to the committee and names documented. A Session Leader shall be nominated who is responsible for the training session. The Session Leader must make sure all paddlers are competent in the prevailing conditions and sign in and out from the club. A mobile phone must be taken.</p>	<p>All paddlers are competent in their choice of boat.</p>	<p>Once passed Henley Bridge the zone become less protected from wind. Wind against flow can see high standing waves and this should be assessed by land before passing under bridge. This Water area gives participants up to 10kms to train on with good bank access and occupied buildings in an emergency.</p> <p>This provides the highest level of risk and paddlers should turn well before the weir danger post. This is the most hazardous due to close proximity of boats to Hambledon weir.</p> <p>Leaders/Members wishing to run club sessions beyond HDBC water areas A to D will need to have trips approved by the HDBC Committee</p> <p>An itinerary and risk assessment is to be completed and agreed with the HDBC Committee and prior to departure. This will depend on the type of trip being planned.</p>
<p style="text-align: center;"><b>Paddling after dark</b></p> <p>The Session Leader will be water based The minimum group size will be three boats with no unaccompanied paddling All participants to wear a minimum of a single white light Only paddlers approved for Zones C and D may paddle at night and have a recognised person with them. U18s must have a coach present. Paddlers must not pass Temple Island and should stay close to the river bank</p>		<p style="text-align: center;"><b>Paddling on EA Yellow warnings</b></p> <p>The Session Leader will be water based Caution must be taken when paddling on Yellow. Only paddlers approved for Zones C and D can paddle on Yellow warnings Bell boats only to be paddled on EA Red stream warnings with permission from Centre Manager. BA's must be worn with no exceptions</p>	

At all times it is the responsibility of Session Leaders, Coaches and Helms to continuously assess on-going risks (Dynamic Risk Assessment) and adapt accordingly to ensure safety of all participants.

## 6 ACCIDENTS AND INCIDENTS

### Procedure for dealing with an Accident

- Ensure that ONE QUALIFIED PERSON takes charge of the situation
- Consider the safety of yourself and the remainder of the group. Don't create another casualty. Ensure the group remains adequately supervised
- Listen to the injured person. Find out what happened
- A trained First Aider should take appropriate action of minor injuries where appropriate
- In the event of a casualty losing consciousness no matter how briefly or for any injury requiring specialist treatment seek further medical help. In an emergency call 999. The nearest accident and emergency department is:

Royal Berkshire Hospital

The Royal Berkshire Hospital  
London Street  
Reading  
RG1 5AN

- Do not move someone with major injuries unless they are in danger. Wait for the emergency services
- Complete an Incident/Accident Report Form
- Report the matter to the Centre Manager as soon as possible.

### Procedure for dealing with an incident

- Stay calm, observe the situation
- Listen to what those are asserting
- In the event of an injury requiring medical treatment treat the casualty in accordance with the procedure for dealing with an Accident
- Complete an Incident/Accident Report Form
- Report the matter to the Centre Manager as soon as possible.

## 7 ENVIRONMENTAL SAFETY

The sports that the Eyot Centre provides is widely regarded to be a sport with a benign environmental impact. It is however important for all paddlers to be aware of their responsibilities in helping ensure the environment is protected and enhanced for all.

### Water Quality

Water quality is important issue for paddlers as poor water quality carries the risk of illness for those visiting our waterways.

### Weil's disease (Leptospirosis)

Weil's disease is the result of an infection caused by bacteria called Leptospira. [Symptoms](#) can range from mild (such as headaches, muscle pains, and fevers) to severe (bleeding from the lungs or meningitis). If the infection causes an infected person to turn yellow, have kidney failure and bleeding it is then known as Weil's disease.

Weil's disease is often transmitted by animal urine or by water or soil containing animal urine coming into contact with breaks in the skin, eyes, mouth, or nose.

To prevent infection, it is recommended that you cover cuts to minimise the risk of infection and **always wash thoroughly as soon as possible after being out on the water**. If you experience poor health, such as flu-like symptoms, consult your doctor as soon as possible. For more information on Weil's disease see the [Leptosirosis page on NHS Direct](#).

### Blue Green Algae

Paddlers are highly likely to use waterways which at sometimes of the year are susceptible to potentially harmful Blue Green Algae. Blue Green Algae is just one of a number of algal species that live naturally in inland waters. When conditions are just right – still water, high nutrient input from such sources as fertilizers (phosphate), calm, hot and sunny weather – algae can reproduce rapidly and very quickly out-compete other plant life to dominate the lake causing algal 'scums' and blooms. The algae are unsightly and can be toxic to both people and pets.

Blue Green Algae is difficult to identify, but warning signs will often be present at waters where it is known to be present. If you suspect Blue Green Algae may be present, please contact the Environment Agency Hotline on 0800 80 70 60.

## **8 SAFE PADDLING WHEN USING CLUB BOATS AND EQUIPMENT**

Eyot Centre boats and equipment are primarily for use on organised club sessions, courses and group activities authorised by the Henley Canoe Club, Henley Dragon Boat Club, Eyot Duke of Edinburgh Award or The Eyot Centre.

Members may (subject to their membership level, competency and the availability of the equipment) use Eyot Centre boats and equipment at other times only with the prior permission of the Eyot Centre manager or HDBC committee (if appropriate).

These rules have been developed to ensure the safe enjoyment of Paddlesport activities using club equipment outside organised sessions. It is recommended that members using club equipment unsupervised familiarise themselves with the Clubs Generic Risk Assessment to understand potential hazards and controls.

### **Canoes, Kayaks, Bell Boats (inclusive of related racing craft)**

- Adults must be assessed by a HCC Senior Coach (BC Level 2+, or more recent, equivalent BC alternative) as appropriate, in the type of craft they are using before paddling unsupervised.
- Adults will be expected to be BC 2 Star, HCC "Discover" Paddle, more recent, equivalent BC alternative standard, or be deemed to have an appropriate level or skill, responsibility and experience, and able to demonstrate safe rescue techniques.
- Adults must be assessed by a Level 2 Coach (or more recent, equivalent BC alternative) in the type of craft they are using before paddling unsupervised. All paddlers must demonstrate a safe capsize and recovery.
- Junior and Youth members may use Club boats and equipment outside of recognised Club sessions but must be supervised on the water at all times by the appropriate sessions Leader.
- A list will be maintained by the HCC of members who have been assessed and approved.

### **Dragon Boats, Outriggers, O1, OC**

- A list will be maintained by the HDBC of members who have been assessed and approved by the appropriate level BDA coach to take out specific craft.

### **General**

- A suitable Buoyancy Aid (BA) must be worn at all times when on the water or when on the bank close the waterside when training at the Eyot Centre.
- The Eyot Centre Manager must authorise unsupervised use of club boats on each and every occasion. The Activity Log inside the club house must be completed for each use.
- Adult members (once assessed) may paddle unsupervised but are encouraged to paddle in a minimum group of three as per BC Recommendations. If paddling solo you must make verbal contact with another member before and directly after being on the water. A mobile must also be taken with you and you should not pass Temple Island.
- Unsupervised use of club boats is not permitted when Environment Agency Yellow or Red stream warnings are in force.
- Paddling should not take place in or near weirs.

Unsupervised use of club boats is not generally allowed after dark.

It is the responsibility of individual members when using Club equipment unsupervised to recognise their own capability and only paddle when it is safe to do so. Account must always be taken of water and weather conditions and other river users. Permission to use Club equipment unsupervised does not imply it is always safe to do so.