

## MACCLESFIELD & DISTRICT CANOE CLUB

### SAFETY POLICY

January 2004

#### Introduction

Canoeing can be a dangerous activity and every Club member is responsible for keeping it safe. Neither the Club nor the Trip Leader accept any liability. All paddlers take part in Club activities and trips at their own risk.

#### Personal Ability

All members must be able to swim before use of a canoe in the baths. All members must be able to swim 50m in clothing before use of a canoe outdoors.

No one should use a small cockpit kayak or a spray deck unless they are familiar with the capsize drill.

Paddlers must only go on trips within their personal ability.

#### Canoe and Equipment

All members must wear an approved buoyancy aid when engaged in canoeing activities, except paddlers div. 7 or above, over 16 years, whilst undertaking serious training or competing on flat water.

Canoes used on open water or trips must be in good condition with built in buoyancy and toggles etc.

Canoes used on rapid rivers must have footrests.

Paddlers on open water or trips must wear appropriate clothing including helmet on rivers and sea and carry personal emergency kit.

#### Trip Leader

The Committee will nominate an appropriate Leader for each trip. All paddlers must follow the Trip Leaders guidance on any matters related to safety.

The Trip Leader may decline to accept any paddler on a trip on the basis of personal ability, kit or equipment.

Paddlers should obtain acceptance before the day of the trip.

The Trip Leader may change decisions or cancel a trip dependent on the conditions on the day.

#### Health

You must notify those in charge if you take regular medication or suffer from any disability which could affect your performance whilst with the Club, (i.e. heart condition, asthma, etc.) and the appropriate action to take in an emergency.