

Blakeney Sailing Club

Paddling (Kayak, Canoe, Paddle Board) Guidance

The following policy / guidance is intended to help keep members safe on the water.

As with all watersports there is an element of risk. Patrol boat cover will only be provided for Club Events (see programme). There will be **no** patrol boat cover for independent excursions, including those organised through the Club WhatsApp group. It is the individual members responsibility to assess their own risk on the day.

- You are advised not to paddle alone. If lone paddling, make a plan which should be shared with someone ashore giving details of route, departure time and approximate return time.
- Check tide times, heights and weather forecast.
- Have a basic understanding of the area, knowledge of any dangers and plan a route.
- Dress appropriately for the weather conditions and ensure a buoyancy aid is always worn correctly.
- Carry a fully charged mobile phone in a waterproof pouch and / or a VHF radio in case of emergency.
- Download the What Three Words location finder app to assist rescue if required.
- Know your own paddling ability and endurance and set route accordingly considering the wind direction and strength / height of the tide
- Have a basic knowledge of rescue skills, so that you can rescue yourself and assist others.
- Protect yourself from the sun and carry a drink and snack. Dry clothes should be available if required.
- Group paddlers should always stay within a 'line of sight' with more experienced paddlers at the front and rear to help keep the group together.
- **Avoid**
 - Marked navigation channels for motorboats (ie between the green and red buoys)
 - The exit to the harbour especially on an ebbing tide (ie the north side of the harbour west of the old lifeboat house)
 - Disturbing wildlife
- Expect the unexpected and if the conditions are not right, return early or don't go.