

SOUTH SKYE AND LOCHALSH KAYAK CLUB

Safety procedures for the summer sessions.

With a view to improving safety the following measures will be implemented.

- To avoid large numbers and the possibility of group sizes larger than the remit of the coaches, *only* the sessions during the summer school holiday will be for both adults and juniors. New members/new paddlers will not be able to attend without prior notice and will have to come to the first adult or junior session of the month. When reminders/details of each Wednesday session are sent out all those who intend to come will be encouraged to reply so there is an idea of numbers beforehand.
- The first adult session and first junior session of every month will begin with revision of safety and rescue procedures. New paddlers will not be able to attend general sessions without first taking part in one of these sessions and everyone will be expected to refresh their skills.
- A register will be taken at the start of each session. EVERYONE will be expected to sign themselves off before they leave the car park.
- No-one will be allowed on or in the water until the coaches have finalised the evening's plan and given permission to launch. This applies to all, not just those who are using club equipment.
- Everyone will paddle in pairs, buddies will be expected to stay with their larger group as well as looking out for each other.
- Separate groups should keep in contact by radio to communicate any change of plan or problem.
- Each venue used will have a risk assessment plan drawn up and kept (with the session plans) for reference. The coaches will print/ bring the current weather forecast to each session. These factors and the remit of the coaches present will be used to finalise the session plan on the evening.