

ALTON CANOE CLUB



Outside meetings

Whilst safety during our winter pool sessions is relatively easy to control and we have the added benefit of Lifeguard cover provide by the Sport Centre, outside trips are a different matter.

As a social rather than training club, we have relatively few 'current' qualified coaches, although a number of us have considerable experience and competence.

This is not a problem with our sports governing body, the British Canoeing and their insurers but, we **all** do have a 'duty of care' towards members and club events will be run with competent and responsible persons in attendance.

With this in mind we have put together the following provisions to safeguard our members during club events.

- Participants over 18 years old **MUST** understand that they are responsible for their own safety.
- Any under 18's taking part must be accompanied by a **paddling competent parent or senior member** who has agreed to take full responsibility for their safety (with prior arrangement **not** on the night) and have attended our competence test.
- Before joining us on an outside event, new members (those who didn't attend last year's test) are required to pass a simple competence test.

This will be held on the last evenings on **Friday 26th April** – **if you are new to us and wish to paddle outside, can you please attend one of these meeting.**

Please contact one of us poolside if this is a problem.

During this test, you will be required to show basic paddling skills, the ability to capsize and be rescued in a controlled manner whilst wearing normal paddling kit – **so please bring your kit!**

- All participants are responsible for the suitability of their boat and clothing, whether owned or borrowed.
- Minimum equipment requirement for any outside events:
 - Kayak/Canoe in reasonable condition and with adequate buoyancy.
 - Buoyancy aid
 - Spray deck
 - Paddle
 - Helmet
 - Wind proof cagoule, woolly hat and footwear – we assume you do not need to be told what else to wear...?.
- Before joining us outside, every member is required to have 'signed in' to confirmed that they understand the above 'club terms & conditions'.
- It will be at the discretion of the 'contact persons' whether or not the event takes place as weather and water condition constantly change.

Our club BCU affiliation provides all members with third party insurance cover (**note:** this is not personal injury insurance) which covers injury to a third party caused by a club member.

It is a requirement that all participants are members of Alton Canoe Club.

and finally, the boring bit...

Canoeing & Kayaking are 'Assumed Risk – water contact sports' that carry risks of injury and in rare circumstances, death. Participants should be aware of and accept these risks, and be responsible for their own actions and involvement.