

Stirling University Kayak Club
Safety Regulations



1. General

- a) Canoeing, like any other water-borne activity, involves a definite element of risk, and must therefore be properly organised. Reasonable precautions must be taken without distracting from the spirit of adventure that is associated with handling small craft. Common sense and consideration for others is needed at all times.
- b) All members of the kayak club must be able to swim 50m in canoe clothing. A buoyancy aid must not be worn for this test. New members must be tested by club officials and a record of training must be kept by the Club Secretary.
- c) All new members must receive basic safety instruction including release of spray-deck, and be able to demonstrate satisfactory capsize technique in the pool or loch.
- d) All club boats used for white water trips must have adequate buoyancy to ensure that flooded boats do not sink. They must also be fitted with either end-loops or toggles and must have secure footrests. Footrests should be very substantial and designed to prevent the canoeist sliding forward on impact. They should be easily adjustable and should not be able to rotate.
- e) The club's Equipment Officer must ensure that all equipment used by the club is in a safe condition, in particular with respect to buoyancy aids, spray-decks (which must be fitted with secure quick release straps) and helmets.
- f) Members must wear plimsolls or similar, suitable footwear and suitable buoyancy aids on all trips. Helmets must also be worn on white water and surfing trips. Helmets and buoyancy aids must be worn when playing canoe polo.
- g) All trips must be accompanied by at least two responsible, competent paddlers. These responsible club members shall act as Safety Officers and shall take all reasonable steps to ensure the safety of all members of the party.
- h) On every trip the Safety Officer must carry: a first aid kit; a tow line; distress flares for sea and open water; spare paddle and spray cover; an exposure bag.
- i) Each club member must check with the Safety Officers that he/she is competent to take part in the proposed trip. Safety Officers must

decide whether members of the group have sufficient experience to take part in the trip.

- j) Club members who, in the opinion of the Safety Officer, are unable to cope with a particular trip to such an extent that they would be a hazard either to themselves, or the rest of the group, will not be allowed to participate in that trip.
- k) Before setting out, the Safety Officers must: check the suitability of members' boat, equipment and clothing; find out about local conditions, including currents, tides, weirs, etc; obtain a local weather forecast.
- l) All paddlers must be instructed in basic rescue techniques in the event of a capsize or someone becoming stuck.
- m) Swimming at the end of a trip is strictly forbidden.
- n) Under normal conditions the Safety Officers must be the last people to leave the water.
- o) The permission of the Club President or his/her nominee is required before any club boats or equipment can be taken out for use.
- p) Any outing by any individual(s) using club equipment or being supported by the Sports Union shall be deemed to be an official outing and as such is bound by these regulations.