

## **Pennine canoe club**

### **Outdoor club night at Rokt, Brighthouse**

#### Code of conduct

- 1.** Each person on arrival to report to the Duty person and sign in the book to confirm attendance, also to leave contact number in case of emergency. Then to sign out at the end of the session. Under 16 year olds must have a parent or guardian present to sign for them.
- 2.** In certain conditions or situations you may be denied access to the water depending on a number of factors or a combination of them, **a)** water level **b)** your experience/skill level **c)** the need for others to be on the water at the same time.
- 3.** Always wear an approved buoyancy aid and helmet on the water and dress appropriately for the conditions.
- 4.** Use good manual handling techniques when carrying boats down to the water's edge and back, ask for help if required.
- 5.** Any club equipment borrowed from the containers should be looked after and returned in good order, and damage or loss being reported to the duty person.
- 6.** Only paddle the weirs under supervision of a coach or if you have experience of paddling them .
- 7.** Know the boundaries of the club site and inform the duty person if you intend to paddle off the club site. The advice for paddling off site (either up or down river) is to be in groups of 3 or more with one person delegated as in charge.
- 8.** Always be polite to fishermen and give them consideration when passing them.
- 9.** No unauthorised swimming on the club site
- 10.** Any cuts or abrasions should be covered by waterproof plastics before going on the water, or any that occur while paddling. The duty person will have a first aid kit, any accidents should be reported to the duty person.
- 11.** Know the symptoms of Weil's disease and the precautions you should take to reduce the risk (information sheet available for duty person)
- 12.** Showering / washing after paddling is always a good idea, these facilities are available in the climbing gym next door.
- 13.** All those on the water have a duty of care to their fellow paddlers and should willingly offer help and assistance to those who may require it.

**WE SHOULD ALL LOOK OUT FOR EACH OTHER**