

FINDOCHTY WATER SPORTS CLUB PADDLESPORTS GUIDANCE

Findochty Watersports Club has two single seat sit on top kayaks, one “sit in” kayak, and two stand up paddle boards

They may be used by Club members, at the member’s own risk.

These guidance notes are not intended to tell you how to use the Club’s paddlesport equipment, but rather to help you to stay safe when using it.

An old man said

**“ A man who is not afraid of the sea will soon be drowned
for he will be going out on a day he shouldn’t
But we do be afraid of the sea
and we do only be drowned now and again”**

ALL PADDLESPORTS CRAFT. General rules.

- 1.** Never go out alone
- 2.** Always wear personal buoyancy (not an inflatable life jacket) correctly sized and adjusted (loose buoyancy can lead to suffocation if the wearer is in the water).
- 3.** Always carry a means of communication **ON YOUR PERSON** - mobile phone in waterproof case or submersible VHF radio. (Note that there are VHF “dead spots” near the cliffs.
- 4.** Take emergency contact details with you
- 5.** Before setting out make sure that someone knows where you are going and when you expect to be back
- 6.** Know what the tide is doing and what the weather forecast is. Paddling into strong wind on SUPs is very difficult.
- 7.** Assess sea and weather conditions . If in any doubt, don’t go out if not 100% sure of your own competence and skills, and of those accompanying you
- 8.** Make sure that yourself and those who accompany you can self rescue and know how to assist in the event of capsize/ falling in
- 9.** Check craft and paddles for damage before setting out. If in any doubt do not use it. Report damage to a committee member
- 10.** Kayaks must be carried by at least two persons. Do not drag any craft over the beach. Make sure of sufficient depth of water for SUP fins before getting on
- 11.** “Dress for the swim”.....wetsuit or drysuit. The sea is always cold. Added wind chill could quickly lead to hypothermia
- 12.** Avoid rocks and breaking waves
- 13.** If in a group, always go at the pace of the slowest. Never allow the group to get split up
- 14.** In event of capsize or falling in, try to keep hold of your paddle and craft. A waved paddle is a distress signal.

SIT-IN KAYAK

- 1.** If you can’t demonstrate a secure roll or self rescue from capsize, **DO NOT USE THIS CRAFT**

STAND UP PADDLE BOARD

1. Leash should be attached to an easy release waist belt. This is current British Canoeing guidance. Attachment to the ankle risks knee injury
2. Ensure that the board is inflated to the correct pressure. It should be rigid
3. After use, hose off with fresh water and deflate so that the board is soft before returning to storage. Boards can (and do) explode if left at high pressure and in high temperature

SIT ON TOP KAYAK

1. Make sure that you can get back on when out of your depth, in case of capsize or falling off. If you can't do this, do not use this craft.
2. These kayaks should be carried to the water by two persons as a minimum. They are relatively heavy

WHERE TO FIND EVERYTHING.....

Sit on top kayaks are on the rack beside the Howff door

"Sit in" kayak, paddle boards, paddle board pumps, and all paddles are stored in the shed. Keys for sit ons and the shed are on the hooks to the left of the Howff door (as you face out).

Shed should be left locked and key returned to its hook.

Sit on kayak locks should be left in the chains, and keys returned to their hook.

Buoyancy aids are on the racks in the Howff

BEFORE USE

Sign out all equipment to be used noting your name, date, time, and kit used
Check for defects or damage. Note down any found and do not use that equipment

AFTER USE

As mentioned above:

Hose everything down with fresh water and allow to drain/dry as long as possible before returning to store and locking.

Sign equipment back in, again noting any damage or other issues. Any issues should be pointed out to a committee member.