



## The "Keep Safe" Kayaking Code

Sea Kayaking is a potentially hazardous pursuit, partly because of the nature of the environment in which we operate. Safer sea kayaking is a consequence of appropriate coaching and knowledge.

- 1) Only go out in conditions that are suitable to your level of experience and skills and never paddle alone. Tell someone on shore you're intended destination and expected time of return.
- 2) Get a Weather Forecast and Tidal Information for the period you intend to be out on the water. (Wind and Tides are powerful things, keep a reference point on the shore to check how your position is being affected by wind or tide drift)
- 3) Always wear an approved buoyancy aid and wear appropriate clothing to prevent becoming cold or too hot, remembering that it is always cooler once on the water. (It is also a good idea to attach a plastic whistle to your Buoyancy Aid and if paddling into or near caves or in surf wear a safety helmet )
- 4) Use a paddle leash (cord or bungee) to prevent loss of your paddle in the event of a capsize. Fit airbags into your boat to provide reserve buoyancy.
- 5) Take a drink with you and some convenience food for longer paddling trips. (Pack some extra clothing in a waterproof bag if going out for longer periods, take a VHF or mobile phone in a waterproof case or bag )
- 6) To get maximum enjoyment from your paddling take a training course to learn the basics. These are available locally.
- 7) Think ahead and take responsibility for your own safety and that of others.