



Over 45 Social Canoe Club (Inc.)

Addendum A of the Club's By-Laws

Safety Rules & Procedures January 2022

General Acknowledgement ...

1. There is an element of risk in canoe/kayak paddling activities.
2. Paddlers require a suitable level of personal fitness to be able to independently operate their canoe/kayak.
3. Each individual paddling in any Club Paddling Activity is responsible for their own wellbeing and safety and should only paddle voluntarily and at their own risk.
4. Club Paddling Activities are NOT controlled by a professionally trained insured "Leader".
5. The Club, all paddling activity "Leaders", "Tail End Charlies" and other Club Members do not have any known formal canoe/kayak training, first aid qualifications and are not trained to conduct rescues due to a capsized.
6. Each individual should ensure that their canoe/kayak, paddling equipment and safety gear is in good working order and that their canoe/kayak has sufficient buoyancy to stay afloat and support them in the event of a capsized.

Health Measures Including Covid 19 Virus

- Only members who are fully vaccinated against the Covid 19 Virus (or who have a medical exemption) will be permitted to paddle with the Club at Club paddling events or participate in other Club organised events.
- The Committee may at any time require that a member planning to participate in a Club paddling event or other Club event provides evidence in the form of an Australian Immunisation Record, a COVID-19 digital certificate or a Medical Contraindication Certificate that they either;
 - A) are fully vaccinated against the Covid 19 Virus or
 - B) have a medical contraindication certificate.
- The Club registers vaccination evidence or medical contraindication certificates on a secure register. (The register obviates the need to check on an ongoing basis on paddling days and functions.)
- No one may attend a Club activity if they are feeling unwell and have any cold or flu like symptoms including a fever, cough or sore throat.
- Everyone attending a Club activity must comply with all government requirements and restrictions and Health Department Guidelines in relation to Covid 19.

Individual Safety Requirements ...

Participants in Club Paddling Activities:

1. Must wear an approved Life Jacket (At least a level 50 Life Jacket / PFD Type 2 / AS 4758 or AS 1499 or an approved inflatable Life Jacket) on the water at all times.
2. Must have a **whistle** securely attached to their Life Jacket.
3. Must have a **5 metre long by 5mm diameter tow rope**, which floats, attached to the stern (**rear**) of their canoe/kayak. The rope should not interfere with steering whilst towing and the free end of the rope, must be easily accessible to the paddler. Tying the rope to the bow (front) of the canoe/kayak should be a last resort option.
4. Must have a secure **front** tow rope attachment point - a carry handle would suffice.
5. When paddling a canoe/kayak, must have an accessible **bailer or bilge pump** attached to their canoe/kayak.
6. When paddling a canoe/kayak at night, must have a **white light**, that is easily visible to approaching vessels, and a torch.
7. On ocean paddles and in rough water on the river, must tether their paddle to their canoe/kayak using a paddle leash.
8. **Must wear Protective headgear** for a 'white water' venue or a 'fast water' venue.
9. Must ensure that a mobile phone is carried by at least one person in their group for use in an emergency.

Before the Start of any Club Paddling Activity...

- 1 **All Paddlers** (with their canoe/kayak), must be ready to paddle and at the water's edge, at the time shown in the "Paddling Program". All paddlers must attend the "Pre-Paddle Briefing".
- 2 **Pre Paddle Briefing** An experienced **Club Member** (usually the Safety Officer or another Club Committee Member), at the paddle, will conduct a "Pre Paddle Briefing. As part of this briefing they will...
 - a) Assess the conditions for the programmed route, and decide if the paddle needs to be aborted for all 'Groups' or specific 'Groups'. The route may also be altered for safety reasons.

- b) Select a “Leader” and “Tail End Charlie” for each group paddling. The ‘Leader’ shall set the pace and course of the paddle and the ‘Tail End Charlie’ will be the last paddler of the ‘Group’ and act as a safety net.

3 Each paddler must ...

- a) Assess whether the conditions on the day, the paddle course, and the total distance to be paddled, are within their capabilities. Paddlers must not participate if their health is impaired. Everyone participating in a Club Paddle Activity must do so voluntarily and at their own risk.
- b) Select an appropriate paddling group being “A Fast”, “A”, “B” or “C”, subject to 4. below.
- c) Ensure that the paddling ‘Group’ they nominated for, meets their paddling requirements, and that they have the paddling ability and fitness to meet the speed and distance for the group. Participants who are slower than the ‘Group’ standard, may be directed by the Club to paddle with a slower ‘Group’ the following week.
- d) Register and nominate their Group, in the Club’s “Paddling Attendance Record”.
- e) Respect the ‘Group Leader’ and always paddle behind them.
- f) Paddle as a tight knit group and follow the selected route taken by the leader.

- 4 **Each Group** must have a minimum of **3 Club Members** paddling and a maximum of 12 paddlers. (the member doing the Pre-Paddle Briefing is responsible for subdividing groups if there are too many paddlers nominating for each group).

New Paddlers to the Club ...

Any paddler new to the Club (including ‘Guest paddlers’) paddle in Groups “B” or “C” until they and the Club determine that they will meet the speed and distance requirements of the “A” or “A Fast” Groups.

During each Club Paddling Activity ...

1. Before the start, the ‘Leader’ and ‘Tail End Charlie’ of each ‘Group’ will confirm the **number of paddlers** in their group.
2. ‘Tail End Charlie will sound **2 whistles to GO** and ‘Group Leaders, Tail End Charlies’ and paddlers will sound **1 whistle to STOP** and **3 whistles** in the event of an **EMERGENCY** or capsize.
3. **Keep together as a group. The tighter the group the safer you are.**
 - a) Stay between the ‘Group Leader’ and ‘Tail End Charlie’.
 - b) Stay within ‘Hearing’ distance of whistles, which will be vastly reduced in windy conditions.
 - c) Stay within ‘Visual’ contact in adverse weather conditions.
 - d) Stay on the same course as the ‘Group Leader’.
4. Any paddler can sound their whistle to stop the group (1 whistle blast). For example, in order to **catch up**, or for a **water break**, or if requiring a **shore stop**, or if there is a need to **leave the group**.
5. If a whistle is used to stop the ‘Group’, then leading paddlers of the ‘Group’ should stop immediately, whilst the rear of the ‘Group’ should continue to paddle until they are level with the leading paddlers.
6. Avoid **navigation channels** where possible, but if necessary, cross quickly at right angles in a tight group, after the ‘Tail End Charlie’ has given the signal to cross (2 whistle blasts).

Paddlers who Capsize are to ...

1. Immediately hang on to their canoe/kayak, to conserve energy, and if possible, sound their whistle 3 times.
2. With the assistance of other paddlers in the group, re-enter their canoe/kayak by a proven method they know works for them.
3. If unable to re-enter their canoe/kayak:
 - a) Abandon their canoe/kayak for another member of the ‘Group’ to look after, move to the bow of a nearby rescuing canoe/kayak and face the paddler.
 - b) Wrap their arms around the bow of the canoe/kayak and float on their back. If required they can also wrap their legs around the canoe/kayak, ensuring they are still floating on their back and are not putting too much weight on the rescuing canoe/kayak and lifting the rudder out of the water.
 - c) Alternatively, hold onto the rescuing canoe/kayak’s tow rope and be towed by the rescuing canoe/kayak to the shore.
 - d) The **entire** ‘Group’ should then head for the nearest safe landing, with the goal of reducing the anxiety and saving the energy of the person being rescued. Rotate rescue canoe/kayaks as necessary.