

## Paddlers Guidelines - club paddling trips

For everyone who takes part in PHCC trips on the open sea, or in Poole Harbour. All club members are expected to be familiar with these guidelines, to take responsibility for their own safety, and to cooperate with trip leaders for the safety of the whole group.

### 1) Responsibility and Teamwork

You are responsible for your own safety, and judge for yourself what is safe for you. We paddle as a team, guided by the Trip Leader and assistants. We are all responsible for group safety.

You must stay with the group, look around you, and especially behind you!

Struggling to keep up? - paddle through to the front at each stop.

Nobody else in front? - then stop and re-join the group.

Be responsible for your own kit unless hired from the club.

### 2) Qualifications

Club trips require at least the new BC Discover award (old BCU 1 star) paddling standard (except for beginners' events)

Some trips will require higher qualifications and experience.

### 3) Briefings

You must **attend the briefing** on the shore before the paddle.

If you are already on the water, then you must land for the briefing.

### 4) Registers

Write your name clearly on the trip register at the briefing.

On return you will be ticked off – **check this!** Do not be a false alarm to the coastguard.

If you have any medical condition, make your leader aware, and carry your medication.

### 5) Notices

Wed Club Nights - all trips listed on the blackboard at the hut, with info about difficulty.

Other trips – are notified by email a few days before – check for cancellations.

Regular trips are on the Events List and confirmed by email – phone the leader if in doubt.

### 6) Counting – essential for bringing everyone back, but difficult to do...

We must bring everyone back safely – but counting on the water can be very difficult.

Co-operate with the Trip leaders during stops to count, especially at the end of the trip.

**Do not rush ahead back to Lake Pier** – make sure you have been accounted for.

If missing, we will call 999 which could result in the coastguard instigating a search routine – **don't be a false alarm!**

### 7) Joining/Leaving a trip part way through

We are generally expected to do the whole trip as a group.

You **MUST** ask the trip leader personally, if you join or leave part way through

Do **NOT** rely on anyone else to relay the message.

Avoid paddling on your own – it's far safer in a small group.

### **8) Kit – you must have the following items:**

Buoyancy Aid – various sizes are available in the club hut.

Whistle – attached by a lanyard to yourself, not to the boat

Lights for any evening paddle – do NOT assume a return before dark

Clothing - suitable for the weather. Some spare cagoules are kept in the club hut.

### **Also consider:**

Reflective tape on your paddle blades – a roll should be available in the club hut

Drinking Water, snack bar, hot flask.

Mobile phone - in a waterproof bag.

Car keys can be left in the hut or taken with you.

### **9) Paddling in the Dark**

No light, no trip!

The light is for others to see where you are....

Always have a light on your body, in case you lose the boat....

Keep head torches turned off, unless needed.

Group discipline is extremely important in the dark.

### **10) Rescues**

The nearest 2 or 3 competent paddlers get on with the rescue. The rest of the group raft up and wait – assuming you are in safe water! In a strong current or busy traffic, the group should press on and then wait together in a safer place – directed by the leadership team.

### **11) Communications**

**Whistles – one blast to attract attention.** Repeated blasts if needed, or in trouble...

You must tell the duty officer if expecting to return after 10pm on a wed club night.

The Trip Leader is responsible for contacting the coastguard, if necessary.

**Steve Hills**  
**PHCC Training Officer**  
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