

## APPENDIX: PHCC at Riverside Wimborne - Information

**Welcome.** The purpose of this note is to provide you with some guidance and some helpful do's and don'ts for use of the site and river. There are two sections the first applicable to all users and the second with additional information for racing/flat water training sessions.

### Section 1 - information for all users

1. **Public Use** - the Club does not have sole use of the car park or pontoon. Please respect other users and in particular Dreamboats (row boat hire) when they are using the pontoon.
2. **Car Parking** - please park tightly towards the river end of the car park. Do not park so that the Scout Hall doors cannot be opened. Additional parking may be available on the road and at certain times in parts of the nearby Industrial Estate next to the Market – follow Coaches instructions please do not just park and assume it is OK.
3. **River Use** - this section of river is also used by rowers from Canford School. If rowers are out keep left of them (pass right side to right side) and give way if in doubt - rowing boats hurt!!
4. **Safety - Hygiene** - this is a fresh water river. Make sure you wash your hands before eating. Keep cuts and abrasions covered when on the water. Although we are not aware of any cases of Weill's Disease on this river; it is a possibility so if you experience flu like symptoms within 2 weeks of being on any fresh water paddling location tell your GP - just in case. **Swans** - in the Spring nesting season swans above the road bridge (towards Julian's Bridge) can be aggressive - take care!
5. **Environment and Care of Site** - it goes without saying we should not leave litter. Great if we can also care for the environment by picking up litter left by others particularly if we find it in the river. If you are bringing or taking boats and equipment that has been used or will be used in other fresh water areas it is strongly recommended they are cleaned and dried or disinfected to prevent fungal contamination and invasive species spread. The nearby river Allen native crayfish are at risk from a fungal infection carried on damp equipment and it may be too late for them now. See advice at:  
[https://www.youtube.com/watch?feature=player\\_embedded&v=wFJ\\_nW83QkY](https://www.youtube.com/watch?feature=player_embedded&v=wFJ_nW83QkY)
6. **New Paddlers to the Club/Membership** - we welcome new paddlers. If you want to keep coming after 2 or 3 sessions please join the Club. This supports the cost of things like providing equipment and training coaches but more importantly ensures you and we are covered by our insurance through Canoe England. It is easy to join through our website [www.pooleharbourcanooclub.uk](http://www.pooleharbourcanooclub.uk) Please also ensure that you complete a Paddler Consent Form which includes health and next of kin/emergency contact details on your first attendance. If any of this information changes update your form please.

### Section 2 - Club Racing Boat and Flatwater Sessions

1. **Let's start on time and together** - please arrive in time to book in for the session and be ready to get on the water at the session start time. For example for the Saturday morning 9am to 10.15am session arrive to be ready at the pontoon for 9.00am. This helps coaches to get the best out of the session for everyone. When Wednesday evening sessions are running be ready on the water for 6.30pm.
2. **Donation** - we are currently requesting a £1 donation for every paddler attending. This money is going towards the costs associated with the site which will include, rent, utility costs and equipment maintenance and repair.
3. **River limits for sessions** - the paddling area is from just above the road bridge upstream of the pontoon to the suspension bridge just downstream of Canford School Boat House. Do not paddle outside of these limits unless you are with a coach or have obtained their agreement. Thanks.

4. **Buoyancy AIDS (BA)/Footwear** - the general rule is that if you are in any doubt (weather, water levels, competence to deal with flows etc) wear a BA. BAs must have a whistle. **Juniors** (under 18 years) must always wear BAs, **Senior paddlers** who are not at Divisional level 6 or above must always wear BAs. **Senior paddlers** (Division 6 and above paddler standard) can choose not to wear BAs in British Summer Time. So when the clocks change BAs on please.

**All Paddlers must wear BAs when paddling in the dark.** BAs must have a whistle.

**All paddlers should wear protective footwear.**

5. **Paddling Sessions when it is Dark** - only experienced (Divisional paddler standard) can paddle when it is dark. They must have a light on and attached to them so their position can be identified.

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#### **GUIDANCE TO PADDLERS (Guardians/Parents) ATTENDING FLATWATER/K BOAT SESSIONS AT RIVERSIDE**

1. ON YOUR FIRST VISIT FILL IN A PADDLER CONSENT FORM WHICH AMONGST OTHER THINGS DETAILS NAME OF KIN AND HEALTH INFORMATION. IF INFORMATION CHANGES; UPDATE YOUR FORM.
2. SIGN IN ON REGISTER IN BOAT HOUSE AND PUT TAG ON NUMBER BOARD. FOLLOW RULES ON WEARING BAs (with whistle), FOOTWEAR, RIVER LIMITS, AND LIGHTS WHEN DARK.
3. DO NOT GET ON UNTIL YOU HAVE COACH PERMISSION. FOLLOW THEIR GUIDANCE AT ALL TIMES.
4. WE TRY TO PADDLE/TRAIN IN GROUPS (PAIRS) SO STAY WITH ALLOCATED GROUPS IF YOU ARE PUT IN ONE. ARRIVE READY TO BE ON THE WATER AT SESSION START TIME. IF YOU ARRIVE LATE WAIT AT PONTOON AND JOIN GROUP AS IT PASSES ADVISING COACH THAT YOU HAVE GOT ON WATER.
5. IF YOU SEE A CAPSIZED PADDLER MAKE SURE THEY ARE OK, IF WITHIN COMPETENCE HELP RESCUE IF NOT LET COACH KNOW IMMEDIATELY. USE WHISTLE TO ATTRACT ATTENTION IF NECESSARY.
6. GETTING OFF - LET COACH KNOW IF YOU GET OFF EARLY. ALWAYS TAKE TAG OFF BOARD AND PUT EQUIPMENT YOU HAVE USED AWAY IN A CLEAN CONDITION.

#### **GUIDANCE TO COACHES INVOLVED IN LEADING FLATWATER/K BOAT SESSIONS AT RIVERSIDE**

1. IF YOU ARE LEAD COACH ARRIVE @30 MIN BEFORE SESSION – BRING MILK FOR DRINKS, UNLOCK/CHECK TOILETS, CHECK PONTOON AND CLEAR RUBBISH, OPEN BOAT HOUSE, ENSURE REGISTER AND TAG BOARD READY, MAKE SURE ADEQUATE SAFETY/FIRST AID EQUIP AVAILABLE. (FIRST AID KIT, SURVIVAL BAGS AND THROW LINE IN BOAT HOUSE). BRIEF OTHER COACHES IN WHAT IS GOING ON. NORMALLY THERE WOULD BE BEGINNER, JUNIOR, PROGRESSION AND/OR COMPETITION TRAINING GROUPS.
2. IF YOU ARE A COACH ARRIVE IN GOOD TIME TO DISCUSS SESSION WITH LEAD COACH. TAKE SUITABLE RESCUE/SAFETY EQUIP (SLING, EXPOSURE BAG, THROWLINE) IN COLD CONDITIONS.
3. MAKE SURE YOU ARE AWARE OF THE REQUIREMENTS OF THE CLUB'S GENERIC PADDLING RISK ASSESSMENT AND THIS SITE SPECIFIC RISK ASSESSMENT. WITH LEAD COACH CONDUCT A DYNAMIC RISK ASSESSMENT ON CONDITIONS ON THE DAY – NO RECORDING REQUIREMENT. THIS COULD COVER ISSUES SUCH AS WHO IS ALLOWED ON THE WATER IF CONDITIONS ARE HIGH, RIVER LIMITS TO BE APPLIED, MAKING SURE CLOTHING IS APPROPRIATE TO CONDITIONS ETC.
4. SO FAR AS PRACTICAL ENSURE REQUIREMENTS OF THIS DOCUMENT - IE. RULES ON WEARING BAs (with whistle), FOOTWEAR, RIVER LIMITS, AND LIGHTS WHEN DARK ETC ARE FOLLOWED. IF PADDLERS REFUSE TO COMPLY MAKE SURE THE LEAD COACH IS AWARE.
5. MAKE SURE PEOPLE GET ON AS PART OF THE SESSION - YOU KNOW WHAT THEY ARE DOING EVEN IF NOT PART OF A GROUP.
6. LEAD COACH MAKE SURE ALL PADDLERS ARE ACCOUNTED FOR AFTER SESSION. SAVE REGISTER AND COLLECT MONEY TO PASS ONTO BILL JAGGS.
7. LEAD COACH MAKE SURE SITE SECURE BEFORE LEAVING.

THANKS