

SAFETY RULES and ADVICE

1. Competitors are reminded that canoeing is **an activity involving risk**.
2. **All entrants** enter at their own risk and must satisfy themselves that they are able to cope with the river under the prevailing conditions.
3. **Young or inexperienced competitors** must be supervised by a responsible adult and accompanied on the river if necessary.
4. **All competitors** are expected to be able to **swim**.
5. **All competitors** must display **race boat sticker** and wear an approved **buoyancy aid**. **Helmets are compulsory for all kayakers and are strongly advised for all paddlers in open boats**, in order to protect the head from injury.
6. Competitors with balance or mobility difficulties must wear a **helmet**.
7. **All boats** must have **adequate fixed buoyancy**, to allow the boat to float in the event of a capsize..
8. **Care** should be taken on the steps at the finish, which are unforgiving and may be slippery.
9. **Care** should be taken when lifting and carrying boats, when boarding and when assisting others. Always ask for help if necessary.
10. **Overhanging trees** can cause injury, capsize and entrapment. Keep well clear of them.
11. **IN THE EVENT OF A CAPSIZE** hold on to your boat. ALL PADDLERS HAVE A RESPONSIBILITY TO ASSIST those in the water to ensure their safety and to attempt to minimise time in the water, but you should not risk your own capsize.
12. **Care** should be taken to avoid trapping fingers between boats or between boats and fixed objects. Parents/guardians, boat captains, instructors etc. should remind their charges as necessary.
13. **First Aid** equipment is provided and qualified first-aiders are available if needed.
14. **Telephones** are available in the event of any problems.
15. **Soup and a bun** are available at the finish.
16. **Safety cover** is provided, and a competent paddler is appointed to follow the last boat in the race.
