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|  | CANOEING AND KAYAKING INLAND/SHELTERED WATER |  |
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| <p><u>DESCRIPTION:</u></p> <p>Any water paddle sport activity using a kayak or open canoe.</p> |
| <p><u>QUALIFICATIONS:</u></p> <p>Minimum of: BCU paddle sport level 1 coach (very sheltered water) BCU paddle sport level 2 coach (sheltered water) BCU paddle sport level 3 coach (moderate inland water)</p> |
| <p><u>STAFFING RATIO:</u></p> <p>1 instructor – 8 participants</p> |
| <p><u>PROTECTIVE EQUIPMENT:</u></p> <p>Warm clothing, windproof outer shell, a wetsuit, drysuit, or other suitable insulation if deemed necessary.</p> |
| <p><u>HAZARDS:</u></p> <ul style="list-style-type: none"> • Weather • Hypothermia • Fast moving water • Weirs • Other water traffic |
| <p><u>GUIDANCE:</u></p> <p>Canoeing is 'an assumed risk', 'water contact' activity however serious accidents are very rare. Accidents can be avoided by a combination of training, based on the accepted code of technique and safety; and experience gathered over a number of years, where techniques are acquired and practiced under the shadow of a leader.</p> |
| <p><u>OTHER INFORMATION:</u></p> <p>British Canoe Union: http://www.bcu.org.uk</p> |