



Trips Information Sheet **1.**

Introduction:

The Club runs moving water trips for the enjoyment of its' members and these trips are run by coaches and experienced paddlers who are all volunteers. The aim of this sheet is to provide some basic information which will help to ensure all have a safe and enjoyable time. If you want to partake in Club trips you must be able to swim and have returned a signed declaration slip to say you have read and understood the information within this sheet.

Signing up for a trip:

Trips are advertised on the by email, on the website, club notice boards and by word of mouth between members. If you wish to join a trip you should contact the Trip Leader to register your interest and ensure that the trip will be suitable for you. Do not be put off if the Trip Leader says you are not ready for a trip, the Club runs trips for all levels and there will be another one suitable for you on the calendar very soon.

What you will need on the day:

If you don't have any of these items it is your responsibility to arrange to borrow them or hire them from the Club where available:

- Club Membership Card – This has your personal details on the reverse and will be carried by the Trip Leader on the river.
- Kayak or Canoe – must be fitted with buoyancy bags and end grab loops for kayaks and painters or swim lines for canoes.
- Personal Paddle Clothing – minimum, helmet, buoyancy aid, cagoule, appropriate footwear. (and between Oct and April full length wetsuit or dry trousers)
- Carried in a waterproof bag in your kayak / canoe – Food, hot drink or facilities to make one, spare layer of clothing, hat, gloves, emergency blanket or bivvy bag, whistle, any special personal first aid items.

On the day:

Hopefully you will be excited but a bit of forward planning will ensure everyone has an enjoyable day. Ensure you know the meeting time and place and get there early having discussed travel arrangements with the Trip Leader when you registered your interest. Know where the trip is and how long it might take to paddle and get home again afterwards.

When you get to the river:

Be aware that water levels in rivers change very quickly and it could be that once there the Trip Leader may need to change the plans or even cancel the trip for some or all paddlers. If this happens please respect the Leaders decisions which are always made for the safety of the group. Always listen to the Trip Leader and experienced support paddlers and follow their instructions and always respect the river.

Secretary: Siân Smith, 2 Charfield Road, Kingswood, Wotton-under-Edge, Glos GL12 8SL
Tel: 01453 521136



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Signals:

A river can be noisy making communication very difficult, paddlers use hand signals to assist with communications and you should be familiar with the following typical hand signals.

Stop

Palm held upright, motionless.



One Person to Come Down

One finger held upright followed by a beckoning motion

Meaning: One person to leave the eddy and paddle the rapid. The next should not set off until they are signalled to do so.



Go Left or Right

With an open palm if indicating the line to take or with a pointed finger if indicating the eddy for the paddler to enter.



Signalling Failsafes:

No Signal, No Go

The Leader Always points to Safety

Everybody Come Down

Fist raised with elbow at right-angle.

Meaning: Everybody follow the lead paddler, leaving a suitable distance between each paddler.



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Broaches:

Broaches usually happen on boulders and it involves being swept sideways onto and being held against one or more obstacles. On easier rivers this is a common occurrence with novices who lack the skill to take evasive action, in gentle waters it is not too much of a problem but in strong flow it may cause serious damage to the boat or trap the paddler. If broached immediately raise the upstream edge and lean onto the boulder and try and work your way off the rock. If you have not got your boat edged downstream the water will build pressure on the top deck of a kayak or fill and fold a canoe, you need to get out of your boat as quickly as possible before you become trapped.

Swimming following a capsize:

Self rescue is by far the most reliable form of rescue, the main requirement being a positive mental attitude. Upon surfacing information needs to be gathered; where is nearest point of safety; How to get to it; Is anyone near to help rescue; Whether to hang on to one's equipment.

When swimming in moving water the greatest danger is from getting a hand or foot caught between two boulders, this would result in the swimmer being forced to the bottom of the river by the current and a risk of drowning. Adopt the defensive swimming position, on your back feet first, feet and hands on the surface and looking where you are going. Use the feet to push yourself away from any obstacles.

The decision to hang on to boat and paddle or ditch them and concentrate on surviving the swim, should be just that, a conscious decision, not a panic reaction.

Receiving a Throwline:

If you have caught a throwline and are going to be hauled to safety, hold the line over your shoulder at chest height and allow yourself to be pulled towards the rescuer on your back to avoid the flow of water rushing into your face.

Further Information:

This information sheet is only a very basic introduction to moving water hazards and every member joining trips should take it upon themselves to extend their knowledge through reading and undertaking appropriate training. Below are some sources of additional information.

White Water Safety and Rescue – Franco Ferrero

BCU Handbook

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Thameswey Canoe Club

British Canoe Union affiliation no. 34928/A



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Declaration:

I as a member of Thameswey Canoe Club confirm that I have read and understood the Trips Information Sheet as a guide to help ensure the enjoyment and safety of everyone on the trip and as a requirement to allow me to join in on such trips.

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Signed

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Date

Please return this page only to the Club Secretary and retain the other pages for future reference.

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