



SAFE PADDLING AT SEA

MINIMISE THE RISK

Canoeing Ireland Strongly encourages all paddlers to carry out a shore based briefing before going to sea.

SEA PADDLING - SHORE BASED - TRIP PLAN BRIEFING	
Topics	Topics Expanded
Aide-Mémoire	Aide-Mémoire
Topics A to H should be discussed or addressed before going on a trip.	Topics A to H might include some or all of the following:
A Welcome/Introduction	A Who's who, Experiences, Number in group.
B Weather/Environment/Sea Condition	B Wind direction, Wind Vs tide conditions, HW, LW, Tide Direction, Expected changes during trip
C Trip Plan/Traffic Report ** (Have you told someone outside of the kayaking group where you are going and when you expect to return)?	C Where group is going, Estimated Time of Return (ETR) or trip end time.
D Human factors	D Skill levels; Evaluate those you do not know; Find out if anyone has a known medical condition that might affect individual/group.(Discuss this privately with individual/s). Need to be told if anyone becomes unwell/injured during trip.
E Group organisation/ Positioning/Roles	E Lead Paddler? Tail paddler? Group communication; In the event of a capsize/incident - Roles/ Responsibilities.
F Safety, Signs and Signals	F Rescue protocols, Action if STOP is called, Hand/paddle signals,
G Equipment ** Always carry a means of calling for help on your person	G Kit Checklist - Personal, Group, Rescue, First Aid, PLB/ VHF/ Mobile phone, Chart/Map? Agree on a VHF channel for your trip.
H Critical Danger Points/ Features/ Feature Management	H Management of, Where they are. Roles/responsibilities,
** Coastguard (It is advisable that you give the coastguard a Trip Plan/Traffic Report if you are going on a coastal trip or if you will be paddling offshore or carrying out rescue exercises).	** Call local coastguard. State where you are going; How many in group; Estimated time group will be off water. At trip end call local coastguard. Inform coastguard that you/group are off the water.