

Sea Kayak leader/coach shoreside Brief check List

- Introduce leaders/coaches and assistants
- Names and numbers of participants – **recorded**
- Partnered kit check, buoyancy aid, footrest adjustments
- Reminder for any necessary kit for participants
(food/water/spare clothing/buffs/hats/sun protection etc)
- Participants aspirations
- Share who has safety equipment-spares/shelter/first aid/pumps/towlines/radio
- Ask for medical issues that need to be privately shared with leader/coach
- Weather brief and likely conditions
- Tide brief and likely conditions
- Outline journey/workshop
- Estimate time and check for constraints
- Instructions/buddy systems as participants embark

Log on/off with Coast Guard for all SEA activities – group, boat colours, plan etc

Belfast: 02891 463 933
Holly Head: 01407 762 051 or 763 911
Stornoway: 01851 702013 or 4
Aberdeen: 01224 592 334
Bridlington: 01262 672 317

Paddlers Safety Checklist	
NAME: Before you paddle it is your responsibility to ensure that:	Y/N
1. You have advised the event organiser and your group leader/coach of any medical or other condition that may affect your own or somebody else's ability to safely take part in the activity;	
2. You are physically competent to complete the activity as described;	
3. You agree to follow the reasonable instructions & safety advice of a coach/leader	
4. You wear an appropriate, properly fitted buoyancy aid/ Personal Flotation Device while on the water; plus spraydeck	
5. You carry a rapidly accessible whistle and, when appropriate, a rope cutting device;	
6. Your craft is water-worthy and appropriate for the activity;	
7. Your kayak is fitted with sufficient flotation via water tight hatches, such that it will remain afloat and provide buoyancy	

8.	When appropriate, your kayak has painters (ideally 4m in length) securely attached to the deck of the boat, attached in such a way as to not create an entrapment hazard;	
9.	You carry an appropriate bailer or pump and a sponge;	
10.	You carry a spare paddle and negotiate if it is required, when in a group	
11.	You carry an accessible towline provided that you are capable of using it;	
12.	You wear clothing appropriate for the conditions; typically base (thermal) and fleece layers, with waterproof top and trousers) and have extra warm layers and/or a full change stored in dry bags or similar, available in case of immersion or change of conditions;	
13.	You have access to additional items – hat, gloves, sun glasses, lip salve, sunscreen, midge repellent, plasters etc., as required;	
14.	You carry sufficient food and drink for the trip and/or a means of making hot drinks/food, plus emergency rations for use in the event of an unexpected delay, etc; plus 6/8 Litres of fresh water	
15.	For intense rock hopping you need to consider wearing a suitable helmet;	

Any medical issues, medical conditions and current medication taken, that your leaders/coaches should be informed about, that may affect your performance/participation over the 7 day Sea Kayak Trail period.

These details will be kept confidential and only shared by the appropriate Leaders/coaches

Details or NONE

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