



Key Safety and Security Rules – (you may lose your club membership if you choose not to follow them!)

- Always consider the conditions, your own fitness, and choose your boat, clothing and equipment carefully. We recommend PFDs and taking a mobile phone.
- If you are supervising a paddler, you are in charge and responsible. If you are not happy, they don't go.
- Look after each other. Paddling in groups is safer.
- A club coach is a member who holds current BC qualifications or who is approved by the committee due to their skills and experience.
- All adults supervising juniors need DBS checks and committee approval, following the British Canoeing standards
- When the river is above the concrete landing stage, (or paddling on flooded fields) all members must wear PFDs.
- In RED conditions, all members must wear PFDs and not paddle alone (any exceptions must be agreed with the committee)
- The Committee together with Club Coaches are responsible for designating Improver, Intermediate and Independent paddlers.
- Junior members must always wear PFDs and be under the close supervision of a club coach, on the water or ready to launch. Any exceptions to this must be approved and documented by the Committee, including the Chair, Safety Officer and Children's Officer.
- Keep the boathouse tidy and free of trip hazards.
- Keep the doors locked when not in use. If you let anyone in, please note that you are responsible for them.
- The gym may only be used by authorised members.
- If paddling at night, make sure you have lights so you can be seen.

All Concerns, incidents and near misses should be reported to Safety Officer, email worcestercc@yahoo.co.uk

KEY SAFETY RULES FOR MEMBERS ACCORDING TO CONDITIONS –

We recommend you always wear PFDs and suitable clothing. It is the responsibility of members (including club coaches who are supervising paddlers) to make a risk assessment to decide if conditions are suitable to paddle, even when these rules allow them to. If coaches use their discretion to run a session a level higher, they must have a reason and also make provision for the higher level of risk.

No Paddling when thunder is near: Darkness (i.e., streetlights lit) or fog increases the level i.e., Green → Amber and Amber → Red

Temperature (degrees C)	Wind / Rain Windy=15mph+	River below wooden landing stage	River between landing stage and concrete step	River above concrete. (PFDs worn by all)	River above 10 steps down from the carpark. (PFDs worn by all)
13+	Calm	Light Green	Dark Green	Amber	Red
13+	Windy	Dark Green	Amber	Amber	Red
5-12	Calm, No Wind	Dark Green	Amber	Amber	Red
	Windy or Rainy	Amber	Amber	Amber	Red
5 or less	Calm	Amber	Amber	Red	Red
	Windy (>15 mph)	Amber	Red	Red	Red

All Juniors	Must be supervised by a club coach or independent paddler (with permission of parent/guardian) and wear a PFD. Any exceptions must be agreed by the Committee including Chair, Safety and Child Welfare Officers. Any application must be supported by the junior's parent and club coach and properly documented. They should only paddle in GREEN conditions; any paddling in AMBER conditions is at the discretion of their coach. No paddling in RED conditions.
Beginners	Must be supervised by a club coach and wear a PFD at all times. They should only paddle in GREEN conditions; any paddling in AMBER conditions is at the discretion of their coach. No paddling in RED conditions.
Improvers	Must always wear a PFD. They must be always supervised by a club coach and should paddle in GREEN conditions. Any paddling in AMBER conditions is at the discretion of their coach. No paddling in RED conditions. In LIGHT GREEN conditions they may paddle with 1 other (preferably more) improver / intermediate (see Annex below for details).
Intermediates	Must always wear PFD. In AMBER conditions they can be supervised by an Independent paddler or club coach. Any paddling in some RED conditions is at the discretion of their coach but no paddling when the river is above 10 steps down from the carpark. In LIGHT GREEN conditions they can paddle solo with limits (see Annex below for details). In DARK GREEN conditions they may paddle with at least one other intermediate paddler.
Independent	In RED conditions, or when the river is above the concrete landing stage must wear PFD. In RED conditions must not paddle alone. May supervise Intermediate paddlers in AMBER conditions.

Annex: Rules for improvers and intermediate paddlers in LIGHT GREEN and GREEN conditions without supervision

Improvers

Can paddle together in LIGHT GREEN conditions in a group, without a coach, provided they:

- 1 have passed an assessment by their coach before being classed as an Improver.
- 2 someone in the group has a mobile phone.
- 3 only paddle a boat they have used before with ease. Whilst unsupervised, no experimenting with boats of a higher wobble factor.
- 4 only paddle upstream of the Sabrina Bridge and downstream of the Slip.

Intermediates

Can paddle together in GREEN conditions in a group without a coach provided they:

- 1 have passed an assessment by their coach to be classed as an Intermediate.
- 2 only paddle in Green conditions
- 3 ensure someone in the group has a mobile phone
- 4 only paddle a boat they have used before with ease. Whilst unsupervised, no experimenting with boats of a higher wobble factor.
- 5 only paddle upstream of the Sabrina Bridge, and downstream of the Slip.

Can paddle Solo in LIGHT GREEN conditions provided they:

- 1 have passed an assessment by their coach to be classed as an Intermediate.
- 2 only paddle in Light Green conditions
- 3 carry a mobile phone
- 4 only paddle a boat they have used before with ease. Whilst unsupervised, no experimenting with boats of a higher wobble factor.
- 5 only paddle upstream of the Sabrina Bridge, and downstream of the Slip.