

# Salt Spring Paddlers Club Trip Guidelines

Participants on club trips automatically assume basic responsibilities to the group as well as being responsible for their own safety and well-being. The following guidelines are meant to assist the successful planning and execution of club trips.

## When Paddling with the club...

- Three boats are required for an official club trip.
- All participants must have signed the club waiver.

## Meet Coast Guard Requirements:

- One Canadian-approved lifejacket or PFD per person.
- One paddle and a spare paddle.
- a buoyant heaving line of at least 15 metres (50 ft.)
- one hand-held baler or manual pump.
- a sound signaling device (horn or whistle).
- a navigation light (waterproof flashlight)

## The Club Also Requires:

- Lifejackets or PFDs must be worn.
- kayakers to have a spray skirt
- a change of clothing in a waterproof container must be carried.
- each boat to have a secured line of at least 4m. (12 ft.)
- a compass
- waterproof fire starting materials

## Trip Classifications:

The club organizes and schedules official trips to suit a variety of skill levels.

**E = Easy:** less than 5 nautical miles in sheltered waters.

**M = Medium:** moderate crossings, distances of 6 to 12 nautical miles per day .

**X = Experienced:** can be long distances, major crossings, exposed to winds and currents.

## BEFOREHAND

### PARTICIPANT'S

- Contact the leader at least two days before a day trip, at least two weeks before an overnight trip.
- Be sure that your fitness, skill and experience level is sufficient for the trip.
- Know-how and be able to do kayak or canoe rescues
- Check the weather report, nautical charts, and tide and current tables.
- Be sure you have signed a club waiver form.
- Advise group or leader of personal medical concerns.
- Bring adequate equipment and supplies.

### ORGANIZER'S

- Arrange meeting place and time for start of trip.
- Advise potential participants of the expected level of difficulty of the trip in terms of distance, and level of skill and experience required.
- For advanced trips, call a trip-planning meeting to discuss trip organization, objectives and emergency procedures.
- Arrange pre-trip rescue practice, as appropriate.
- Check the weather report and tide and current tables. Consult nautical charts.
- Identify potential hazards.
- Appoint a trip reporter.

## ON THE BEACH

### PARTICIPANT'S

- Be on time.
- If you bring guests, be sure they sign waiver forms. Club membership is required for longer trips.
- Be sure you have met Coast Guard and club equipment requirements.
- Know and be prepared to follow the communication signals and paddling etiquette of the group.
- If you have concerns or special requests, bring them up before you leave the beach.
- Practise low-impact coastal paddling guidelines.
- Be sure that any site used by the group is left without a trace of the group's visit.
- Dress appropriately. Hypothermia is a paddler's worst enemy.

### ORGANIZER'S

- Collect and hold waiver forms for guests.
- Advise participants to check that they meet Coast Guard and club equipment requirements.
- Outline the proposed trip, both verbally and using a chart.
- Review the trip in light of expected weather, tide and current conditions.
- Outline environmentally sensitive conditions that may be encountered on the trip.
- Outline sound and visual communication signals to be used by the group.
- Ensure that each participant understands that any change of plans must be discussed and understood by every group member.
- Encourage a group discussion of any questions or concerns about the trip.

## ON THE WATER

### PARTICIPANT'S

- Do not act independently of the group's plans.
- Be aware of, and in a position to assist, your fellow paddlers.
- Be sensitive to the environment you have entered and respond appropriately.
- Notice, and point out to other paddlers, significant hazards such as rocks, breaking waves, turbulence and debris.
- If you have misgivings or difficulties on the water, tell the group immediately.
- On crossings, stay in group formation and within easy hailing distance of the leader.
- If a decision is made to split the group, each group must have adequate leadership and a minimum of three boats.

### ORGANIZER'S

- Encourage the group to paddle together when conditions warrant it.
- On crossings, organize a group formation in which all paddlers travel at a similar pace.
- Ensure all participants are aware of any changes made to previous plans.
- In emergencies, bring group together and assume leadership of the situation.
- Point out significant hazards and ensure paddlers are aware of on-the-water difficulties.
- Be aware of each participant's location, condition and needs.