

# Sunnyside Paddling Club

## 2019 Rules and Safety Procedures



**ALL PERSONS PARTICIPATING IN PRACTICES, TRAINING, INSTRUCTION OR RACES ORGANIZED OR PROVIDED BY SPC ARE REQUIRED TO READ AND COMPLETE THIS FORM**

### PADDLERS

- All paddlers must wear a properly fitted life jacket/PFD
- All life jackets must be returned to the proper life jacket storage area immediately following practices
- Paddlers must remove all sand before entering the building to avoid costly cleaning expenses
- Anyone intentionally damaging equipment or facilities will be removed from the site immediately and reported to City officials
- Teams should not congregate on boardwalk causing traffic disruptions to pedestrians or interfere with beach volleyball activity
- Teams must wait until the returning boat is fully unloaded before stepping onto docks
- During loading and unloading, paddlers must step into, and out of, the centre of the boat
- During loading and unloading, no other activity is permitted at docks (i.e. dock paddling) for safety reasons

### STEERS PERSON/COACHES/MANAGERS

- When practising at 8pm, steerers are responsible for ensuring their boat is equipped with functioning lights
- All SPC steerers must carry a cell phone with them at all times and call 9-1-1 in the event of a medical emergency
- Boats must travel in a counterclockwise pattern within the Western Beaches Watercourse
- Coaches and steerers will record, or assign a team member to record, a Crew Manifest before leaving the dock
- It is the steerer's responsibility to have a working whistle on them at all times
- 30 minutes are required after lightning or thunder to resume practices, further measures are at discretion of Safety Staff
- Steerers must remain in boundaries during practices at all times
- Outside break-wall is strictly prohibited unless permission is obtained from Safety Staff
- Always travel on the right side of the channel
- Never stop in the middle of the channel
- Only stop on the right side of the channel
- When possible pass slower boats on the left
- When possible turn right to left
- Boats under sail (wind) have right of way

### EMERGENCY PROCEDURES

- Capsize/Sinking Protocol:
- Occupants must know "buddy system"
- Non-swimmers paired with competent swimmers
- Steerer performs "head count"
- Steerer reports missing paddlers immediately
  - \*Occupants remain with capsized boat
- Report incident info to Safety Staff
  - \*If water is shallow enough, paddlers should walk to land

### COLLISIONS

In the event of an on-water collision, the affected crew/steerer must remain on scene and assist affected parties where possible

Contact information must be exchanged between the affected parties and recorded if possible

After collision the steerer must report the incident and all information to Safety Staff upon returning to the dock

First and Last Name (PLEASE PRINT):

Team Name (PLEASE PRINT):

Telephone No.:  Email Address:

Address:

Do you have a medical condition of which emergency personnel should be aware? (PLEASE CIRCLE) **NO / YES**

If "YES", please provide details:

Signature:  Date:

Emergency Contact:  Telephone No.: