

Sierra Nevada Canoe and Kayak Club

Safety Requirements and Equipment

The following items will help ensure a fun and safe paddle for all members and their guests.

For All Trips:

1. Make sure you are prepared with equipment, skills, and requirements for the level of the trip.
2. Make sure any guests you are bringing are prepared as well.
3. Stay with the group. This means between the lead and the sweep (designated last paddler).
4. Review any concerns you may have with the trip leader prior to the paddle.

Paddler Assistance: At the beginning of a paddle, the trip leader will designate two or more people who will provide assistance to any paddler needing help. Others should remain at a safe distance from the situation unless specifically asked to assist by one of the designees.

Alcoholic Beverages: For the safety of all paddlers, no alcoholic beverages are to be consumed prior to the end of an individual's paddling day.

Activity Waiver and Release of Liability: The trip leader will make the Activity Waiver and Release of Liability form available prior to the trip. Guests should read it, and all participants should sign the Waiver.

Safety Equipment

Following are SNCKC's safety equipment and recommendations for club paddles. Each paddler is responsible for his or her own safety. Trip leaders may specify additional requirements.

Required by SNCKC on all club paddles:

1. PFD (personal flotation device) fastened and worn snugly
2. Whistle for signaling
3. Clothing appropriate for cold water (synthetics and layers)
4. Group/Trip Leader: extra paddles, first aid kit, and tow ropes

Recommended for Individuals:

1. Rescue Devices: bilge pump and paddle float
2. Spare warm clothing and towel in a waterproof bag

Additional equipment: (may be required depending on trip conditions)

1. Spray skirt
2. Repair kit, e.g. duct tape, nylon line
3. Clothing: paddle jacket, fleece, wet suit, space blanket, rain gear
4. Communication and/or Signaling Devices: cell phone, GPS, VHF, weather or two-way radio
– (flares, foghorn, mirror)

