



PaddleNSW Recreational Paddler's Checklist

This is a checklist & guide to be used just prior to your trip. These trips are designed for members with at minimum, basic skills in paddling. You can check out the website for Clubs and training providers for courses in Basic Skills.

The Recreational Trip Co-ordinator(RTC) (currently Tony Carr) will need to confirm your skills & the craft you wish to use. It's up to you to provide a good assessment of your ability by reading through *Introduction to Paddling*, and the *AC Safety Guidelines*(found on the Website) to ensure you are well equipped and meet the skills required for the trip. If unsure, seek advice from a skilled paddler.

Add your name and emergency contact person and phone number to the Float Plan because the RTC or delegate, is responsible for notifying authorities of an overdue trip, incidents, emergencies or accidents.

Final acceptance is up to the discretion of the trip leader. Final call for trip departure is up to the discretion of the trip leader. Trips can be suspended in poor weather or sea/river conditions.

A participant should feel confident when answering the following questions.

I know the trip schedule including locations, key times for arrival, including preparation for departure, breaks, return and emergency overdue times.	
I am aware that I am one of many paddlers participating in this trip and should notify the leader of any need to deviate from the planned schedule.	
I am entered in the Float plan and have let the leader know of my possible health related concerns,	
I am a current member(full/single event) & have acknowledged the warning of risk	<input type="radio"/>
Describe where I am going and what the conditions will be like.	<input type="radio"/>
<input type="radio"/> For all contexts this includes; water temperature, weather, wind, duration of paddle, group specifics, etc.	<input type="radio"/>
<input type="radio"/> For sea trips this includes; wind, waves, tides, exposure, rebound areas, current vs wind effects, etc.	<input type="radio"/>
<input type="radio"/> For whitewater this includes; rapid grades, rapid length (available rest areas), distance between rapids, etc.	<input type="radio"/>
My Skills are up to the planned trip	<input type="radio"/>
<input type="radio"/> Are you comfortable paddling your boat in the worst that could happen in this plan?	<input type="radio"/>
<input type="radio"/> Can you comfortably paddle the distance?	<input type="radio"/>
<input type="radio"/> Are you likely to capsize? - can you roll or do you have another way of getting back into your boat?	<input type="radio"/>
My Boat is right for the conditions and plan	<input type="radio"/>

○ All boats MUST contain sufficient buoyancy to float level in a capsise, with hand holds, towing loop ...	○
○ For whitewater boats, does it fit you, correct volume, are you comfortable in this boat in these rapids	○
○ For sea kayaks; can you comfortably paddle it in the conditions; maneuver, brace, roll, etc. Can you handle your boat if it becomes flooded, pump/bailing device	○
My paddle suits my skills, the plan and the conditions.	○
My Clothing – I am dressed to swim	○
○ Type 2 PFD is essential	○
○ Clothing must do a lot of things including shelter you from sun, wind, rain, allow sweat to escape, keep you cool AND keep you warm in the water. Plan your clothing for the worst thing that may happen during the day. Footwear for slippery rocks & warmth. NO cotton	○
○ Spray deck – water tight, can be removed easily in a capsise	○
○ Helmut for whitewater must be approved safety standard and well fitting.	○
○ Adequate and suitable food and water. Extra for emergency delay. 2 litres water essential	○
○ Waterproof storage for food and personal gear.	○
○ Personal Gear Check: Equipment & PFD, clothes, sun screen, medication, firelighting, energy packs	○
My Safety and Emergency for	○
○ flatwater – pea less whistle, towline, knife, space blanket in waterproof /dry bag, bailer/handpump	○
○ whitewater - pea less whistle, throw bag, knife, first aid kit, warm clothes, firelighting equipment, space blanket	○
○ During the trip, I know for my own safety	○
○ The on water procedures	○
○ to remain between the group leader and the tail end Charlie	○
○ signals; paddle, hand & whistle	○
○ buddies/paddling safety distance, etc	○
○ capsise/swimming/retrieval procedures	○
○ How to communicate if you need assistance/breaks/snacks/rest	○
○ After trip responsibilities ensure that all gear is stowed and the leader is aware of your departure	○
○ PaddleNSW is keen to provide really great trips. An event feedback form can be found on the website where you can make suggestions for other trips or improvements for this trip. It can be submitted anonymously.	○
○ We invite you to submit a story and pictures to the PaddleNewsletter	○