



RULES for the POOL and OUTSIDE

These rules have been adopted by the Committee of Peninsula Canoe Club as best practice. They supersede any previous guidelines / rules. Non-members may not use club facilities.

General Points for Pool and Lake:

1. All paddlers attending sessions should promote a safe and enjoyable activity.
2. Please park with consideration. You may drive to the Pool to drop off boats, but you cannot park there.
3. Adults accompanying children remain responsible for their care whilst on dry land and not under the supervision of a club coach. Older children who make their own way to the venue remain the responsibility of their parent / guardian, and a contact number must be provided. Peninsula Canoe Club cannot accept responsibility for those less than 18 years when they are not involved in paddlesport activities.
4. Everyone must abide by the rules of the Pool Trust.
5. The relevant Consent / Information Form must be filled in and lodged with the Club officers.
6. Spectacles made of glass must not be worn for paddlesport activities. Please check with your optician.
7. No photographic / video images etc may be taken of activities involving children, unless authorisation has been granted by the pool trustee.
8. Members must not participate with medical conditions that might cause infection to themselves or others.
9. Paddlers must be able to swim a minimum of 25 metres, unless the coach in charge and the parent are in verbal and written agreement that their charge can participate only when wearing a buoyancy aid. The wearing of B.As is voluntary at the pool but outside it is compulsory. If permission is granted by the parent and chief coach, all other coaches will be informed immediately and before the person concerned has accessed the water.

Paddlers are Asked to:

1. Accept any requests made by the coaches. Sessions must be run safely and abilities of paddlers or the weather, for example, may alter the number of people who can participate safely.
2. Under the supervision of a qualified coach, help lift boats down from the racks or trailer, and return them at the end of the session.
3. Empty your boat completely after use.
4. Return the paddle, spraydeck and buoyancy aid to the trailer or racks if another paddler does not need them.
5. Wear any safety equipment if asked to do so by the coach.
6. Ensure that their personal boats are washed before putting them in the Pool. A hose is provided.
7. Stack personal boats neatly and avoid blocking fire exits at the Pool.

For Safety Reasons Paddlers Must Not:

1. Swim around in the Pool or outside.
2. Dive off the spring-boards.
3. Seal launch off the edges of the Pool (as it damages the tiles.)

Booking Sessions:

1. Members can pre-book up to 3 sessions in advance provided that they are paid for. Other sessions can be booked on the last pre-booked session.
2. If you cannot attend a pre-booked session, a refund or a transfer is **not guaranteed**.
3. Bookings etc. must be done at the pool whenever possible.
4. Session 3 is aimed at those who have their BCU 3* or the Silver Pool award.