



## **Laois Kayak & Canoe Club**

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**Disclaimer**

[www. LaoisKayak.com](http://www.LaoisKayak.com)

**Operating under the guidance of**

*Canoeing Ireland (Irish Canoe Union)*

*Sport HQ*

*National Sports Campus*

*Blanchardstown*

*Dublin 15*

### **Safe Paddling**

Safety, is paramount to the club and members are asked to abide by the club's rules and guidelines. Club members should respect the environment, wildlife and other users of the waterways. Basic safety principles are as follows:

You must be able to swim. You do not need to swim vast distances but the ability to remain confident in the water is vital. All canoeists should normally be able to swim 25 metres.

Always wear a Buoyancy Aid (PFD - Personal Floatation Device). Also ensure that there is adequate buoyancy for your boat (air bags).

Never paddle alone. Always paddle in a group of three people or more "less than three shall never be". In case of an incident this allows one person to go for help and another to remain with an injured party.

Kayaking is an adventurous sport that by its very nature involves a degree of risk of personal injury. Laois Kayak & Canoe Club cannot ensure complete safety at all times, members accept these risks and agree to be responsible for their own actions and involvement.

### **Club Disclaimer**

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Laois Kayak & Canoe Club (LKCC) Committee, 2017 - 2018