

## **Paddle Day Disclaimer and What to Bring Guide**

### **Disclaimer**

Kayaking involves an element of danger and can be physically demanding. Please observe the following safety standards whenever kayaking:

- Ensure that your kayak has sufficient buoyancy
- Always wear a suitable PFD
- Ensure that you have suitable footwear, particularly for when entering and exiting your kayak
- Ensure that you have sufficient experience in paddling your specific craft before taking off on such an adventure
- If necessary get kayak instruction specific to this type of craft. Australia Canoeing can provide you with contact details for qualified instructors in your local area
- Dress appropriately for the weather to avoid heat stroke or hypothermia
- Never paddle alone
- Be aware of tidal changes, dangerous currents and weather changes
- Do not attempt to exceed your paddling ability and never take unnecessary risks
- Consult your doctor prior to commencing the activity if you have any reason to suspect that you are not physically well enough to take part
- Do not take alcohol or other mind altering drugs prior to these activities
- Follow the manufacturers' recommendations for the use of the product
- Always check the weather report prior to taking part in paddlesports activities. Should there be thunder storms or strong winds predicted then you should cancel your arrangements to go paddling and rather do something else on that day.

By taking part in these activities you should take the same degree of care and caution that you would take if you were doing so outside of the Paddle Group and acknowledge both an understanding and assumption of the risks involved in paddlesports.

These activities are arranged by members of the Paddle Group for members of the Paddle Group. C-Kayak Australia merely assists (at no charge) with communicating the proposed venue, date and time to members and also offers free advice and suggestions from time to time. C-Kayak Australia takes no responsibility for any accident or injury that might occur while taking part in these activities. If you are concerned about incurring personal injury then we suggest that you take out personal insurance to cover such as these activities are not insured by C-Kayak Australia.

### **What to Bring Guide**

- Your kayak
- Paddle & PFD (you should wear a PFD at all times while on the water)
- Sunglasses, hat, sunscreen
- Plenty of drinking water
- Picnic lunch & refreshments
- Suitable shorts, top and swimmers
- Camera (optional) – remember to put it in a dry bag
- A towel and change of dry clothes
- Joggers, sand shoes or reef shoes
- Windproof / waterproof clothing