Canoe and Kayak: Safety Quickguide



Ensure your canoe or kayak has no damage and is safe to use before you go out onto the water.

Equipment

Ensure you and others are wearing a correctly fitted buoyancy aid. Consider your clothing choice, check the weather and dress appropriately.







Using a waterproof bag, pack all the supplies you may need for your trip including suncream, medication, extra clothes, food, drinks, etc.



Supplies

Having a means of communication such as a mobile phone is essential, remember to put it in a waterproof bag and keep in your buoyancy aid. Taking a first aid kit in a waterproof bag is always a good idea for dealing with minor injuries.





Ensure you take your time getting on and off the water safely.



Getting Out On the Water

Plan your paddle within your capabilities, check the weather, and use **paddlepoints** to gain information on your trip.



If you want to develop your skills and understanding, consider a course or guided tour with a British Canoeing Delivery Partner or affiliated club.

