

Planning Ahead

Understand your skill level when planning a trip on the sea.



Create a detailed plan of your trip, check the weather, tides and key points on your route.



Ensure someone back on land knows your plans and when you intend to arrive back.



At The Venue

Ensure you and others are wearing a correctly fitted buoyancy aid.



Pack all the supplies you will need such as extra clothes, medication, food, etc. Ensure you have a means of communication in a waterproof bag.



Check the conditions match what you expect to see from the weather forecast and tidal information.



On The Water

Know your skill and fitness levels, staying within your capabilities.



In an emergency, dial 999 or 112 and ask for the coastguard.



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

