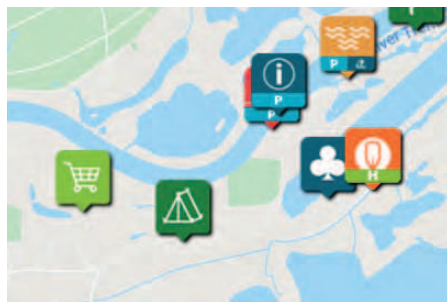


Planning Ahead

Checking the weather and tides ahead of your trip is essential so you can plan ahead.



Understand how the expected weather will affect your paddle.



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



At The Venue

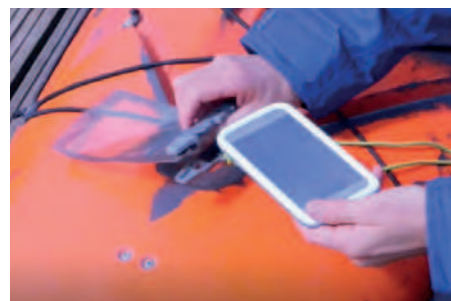
When you arrive at the venue, check that the conditions match the forecast - if not you may need to consider altering your plan.



Dress and pack clothing appropriate for the weather now, and what the weather could be in a few hours.



Having a means of communication such as a mobile phone is essential, remember to put in a waterproof bag and keep in your buoyancy aid.



On The Water

Be aware that the water reflects the sun, so even on dull days sunburn is a risk.



Be prepared for the weather to change instantly. Can you get off the water safely if you need to?



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

