

Safety Procedures

1. Paddling Session

Sign on times 6pm + Maintain P1--, P2--, P3-- etc on Paddling Session page

* Club members understand 'how to' add and remove their names from Paddling Session page

2. For All Sessions

Consult with towers, coaches & sweeps the implications for them.

3. Monday session

* A more intense session. Let paddlers decide if they would like to try it. If it is too tough for them, then they may reconsider. Newer paddlers may discuss with coaches if they think they are 'up to it'.

* 20 paddlers + coach + sweep and/or 1700kg cap.

* 6.30am OTW 7am

4. Wednesday session

* Session starts at 6.30am - 7am with newer paddlers plus backfill to approx. 10 + coach + sweep with Sweep training / mentoring included. Sweep balances the boat, gentle warm-up, then focus on technique.

* Warm-up the remaining paddlers as usual. Boat returns, re-load OTW 7am - 8am (allows paddlers to get to work).

* Cap boat limit to 18 paddlers + coach + sweep and/or 1700kg cap.

5. Saturday session

* Session starts at 6.30am - 7am with newer paddlers plus backfill to approx. 10 + coach + sweep with Sweep training / mentoring included. Sweep balances the boat, gentle warm-up, then focus on technique

* Warm-up the remaining paddlers as usual. Boat returns, re-load OTW 7am - 8am.

* Cap boat limit to 18 paddlers + coach + sweep and/or 1700kg cap.

* First Saturday of each month - Men crew only OTW 6.30am - 7am (plus backfill to approx. 10 + coach + sweep). Boat returns, re-load OTW 7am - 8am all paddlers.

6. Revisit capsized drill & swim test for newer paddlers after a Saturday session when required.