

Celbridge Paddlers Canoe Club

CPCCC Club Rules (Sept 2023)

1. Summary of Club Rules

All paddlers on the water

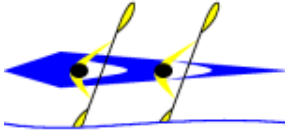
- must be able to swim at least 50m
- must wear a buoyancy aid
- should never paddle alone
- must wear a helmet on grade 2 or above water (unless specifically exempted by the club coach)
- must have a change of clothes and a towel
- junior (u18) paddlers must always be supervised by a senior member
- beginners of all ages must be accompanied by an experienced paddler

Boats and equipment

- club boats must be treated with respect
- fiberglass/carbon/kevlar boats are easily damaged and expensive to repair. Any damage to club boats must be reported immediately to the Equipment Officer
- do not place or sit in a fiberglass/carbon/kevlar boat on hard ground
- do not remove or interfere with the fittings on any boat that is not your own
- do not use any privately owned boat without the permission of the owner
- do not remove any club boats or equipment from the club without the permission of the Equipment Officer or a committee member
- club boats and equipment must be returned to their proper place after use. Senior members should assist juniors with this if necessary
- do not use club K1/K2s on fast moving water, rivers with rapids, shallows or weirs.
- do not use club wing paddles on fast moving water, rivers with rapids, shallows or weirs.
- boat storage rack spaces are limited. Available rack spaces are assigned on a 'first come, first serve' basis only to currently paid-up members who have paid the annual rack fee

Conduct and behavior

- At all times members should present themselves, our club, and our sport in the best possible light
- Every member must be treated with respect. Bullying or intimidation of any sort will not be tolerated
- Members should never use vulgar or rude language
- It is expected that all members pick up litter and do not disrupt the many beautiful environments that we visit



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- Paddlers at the club should be mindful of members of the public walking and cycling on the canal towpath between the club gate and the jetty. Paddlers should exercise caution when carrying boats across the towpath

Gym rules

- Tidy away all weights and equipment after use
- Make sure all lights and heaters are switched off after use
- The gym is not to be used as a changing room
- The gym is not to be used for boat storage
- Appropriate gym attire should always be worn
- Any damaged equipment should be reported immediately
- Please always respect gym equipment and other gym users
- Juniors must always be supervised by a senior member

Club security

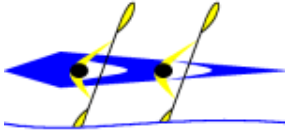
The club is in a remote location and does not have members on site for much of the time. This makes it vulnerable to break-ins, anti-social behavior, loitering etc.

Whoever is last to leave the club after a session must –

- check that no boats or equipment are left outside on the club site or at the jetty
- lock all doors, shutter doors and gates

Traveling to races/river trips

If members intend to own a boat and they also own a car, then the car should have a means of carrying the boat (ie a roof rack or hitch). Every effort should be made to transport your own gear and boat to/from wherever it is being used. If you do not have a means of transport (often the case for casual members and those in the early months), then members are responsible for the loading and unloading of their gear and should assist club leaders as much as possible. ***“Many hands make light work”***. On away trips it would be expected that all paddlers return to the club afterwards to unload their own gear.



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2. Safety Statement

Canoeing is a water adventure sport, which by its very nature involves a degree of risk of personal injury or even death. This safety statement identifies hazards and outlines policies and procedures which minimise risks. However, the primary safety responsibility lies with individual members, who in addition to following guidelines and instruction from experienced members, must know their own limits and adopt a proactive approach to identifying and dealing appropriately with risks as they occur.

Responsibilities

The chairman along with the committee is responsible for ensuring that the club has a safety policy and statement in place that is reviewed from time to time as necessary and is communicated appropriately to club members.

The primary responsibility for day-to-day safety is with club members who are responsible for implementing safe practices, including those outlined in this statement. Members are responsible for notifying club officials of any safety deficiencies in equipment or practices. Members are responsible for notifying the club of any medical conditions that might affect their ability to participate or that might affect emergency first aid treatment.

Kayaking: Hazards and risks

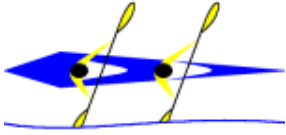
The principal hazards are:

- Drowning / Ingestion of water
- Hypothermia
- Head injuries associated with capsizing
- Limb injuries, particularly shoulder injuries
- Carrying boats and equipment
- Other including cuts/ abrasions and infections

The hazards and risks depend on:

- The level of skill/ability of the kayaker
- The equipment being used
- The type of water body and the water conditions on the day of paddling

The skill / ability of the paddler will impact on risk and consequently whether they are safe to paddle in particular situations and/ or what level of supervision if any is required in those situations. Skill/ability can be indicated by the level of formal training undertaken or by an individual's experience as judged by instructor level paddlers in the club. **All paddlers must be capable and confident swimmers.**



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The equipment used also has impact on safety.

- All paddlers must wear effective buoyancy aids with a minimum buoyancy of 50N on the water
- All paddlers should wear a helmet when on a river trip except for k-boat paddlers who are not required to wear helmets currently
- The type of boat used has an impact on the level and type of risk, and all members should make themselves aware of the specific risks associated with the type of boats they use
- Paddlers using spraydecks should have appropriate training in their use
- All equipment worn and used must be checked for safety by the user before entering the water
- All paddlers should exercise caution when lifting boats to avoid strain or injury

The type of water body can have a major impact on risk and most water bodies are likely to change rapidly depending on current or recent weather events.

River hazards include:

- Fast running water including currents and eddys on bends
- Rapids and weirs with associated features such as ‘stopper’ waves
- Overhanging trees / vegetation above fast moving water
- Rocks
- Bridge arches
- Debris with a potential for snagging a kayaker
- Sieves caused by debris
- Poorly accessible banks for egress or emptying kayak and re-entry

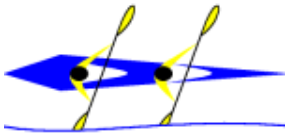
Wide rivers / lakes

- In windy conditions, swell and choppy water can present challenges
- In tidal areas muddy banks can cause difficulties in re-entering a boat after a capsize
- A capsize a distance from a bank can make it challenging to reach the bank with boat and paddle

The canal at the club

- Windy and gusty conditions can be challenging for beginners

Changing weather conditions and water levels



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- Heavy rains can have a huge impact on river levels and can increase the safety risks. A river that is considered safe to paddle could become unsafe in a relatively short amount of time due to changing weather conditions. The effect that the weather has on the risks associated with kayaking should never be underestimated.

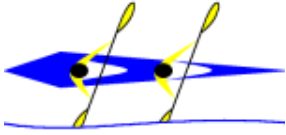
Minimising Risks

- The risks in any particular situation must be considered in advance of any club paddle whether an instruction session, training session or just a paddling trip
- All paddlers must take into account the risk considering all of the factors listed above: the individual, equipment and most particularly water conditions
- Experienced or instructor level paddlers should lead the **risk assessment**, aiming to make the individual largely responsible for their own safety, but making clear decisions for less experienced paddlers where necessary
- Kayakers who paddle on their own, do so at their own risk
- A first aid kit must be brought by a designated instructor on all trips

Mix of experienced and inexperienced paddlers

- Where paddlers considered to be inexperienced for a particular trip or situation are involved, an appropriate number of experienced paddlers and/or instructors should accompany the group
- As conditions and risk vary widely, there is no single ratio figure which applies, however two experienced paddlers should make the decision on the day based on risks
- The following guidelines in relation to ratios should form the basis of ensuring safety. However, these are only guidelines; the experienced paddlers / instructors will make the final decision given the current situation and conditions.

Water type /conditions	Paddler category	No of Instructors on trip	No of experienced paddlers on trip	Ratio of instructors to paddlers	Ratio of experienced paddler to paddlers
Canal	Levels 1, 2		1		6:1
Canal	Racers	Due to the safe nature of racing K-boats, groups in these craft are ok to be accompanied by experienced paddlers.			
Liffey (Grade 2)	Levels 1, 2	1	1	6:1	4:1



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Grade 1	Levels 1, 2	1	1	6:1	6:1
Grade 2	Levels 2, 3	1	1	6:1	4:1
Grade 3	CPCC does not take groups on Grade 3 water	N/A	N/A	N/A	N/A

Off-water risks

Club members should also be aware of off-water hazards, and always exercise caution:

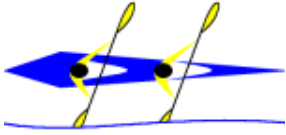
- Debris and broken glass on riverbanks
- Trip hazards on river banks
- Cars and trailers maneuvering in car parks
- Lifting boats to and from roof-racks and trailers
- Members of the public walking and cycling on the canal bank at the jetty
- Vehicular traffic and farm machinery crossing the bridge near the club

Child Protection Policy

Issues relating to child protection are outlined in the club's Child Protection Policy document

Categories of paddlers within Celbridge Paddlers Canoe Club

- **Level 1** – Has attended a beginners course with CPCC (e.g. Sunday mornings) or other provider
- **Level 2** – Has passed their Level 2 Skills assessment
- **Level 3** - Has passed their Level 3 Skills assessment
- **Experienced Paddler** – Has been paddling regularly for at least five years and has completed a minimum of six CI accredited down river ranking races including weirs and is deemed experienced by the club coach
- **Level 1 Coach** – Has completed the old Level 1 Coach training with Canoe Ireland
- **Level 1 Instructor** – Has completed the Level 1 Instructor Training with Canoe Ireland
- **Level 2 instructor** – Has completed Level 2 Instructor Training with Canoe Ireland
- **Level 3 instructor** - Has completed Level 3 Instructor Training with Canoe Ireland



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3. Code of Conduct – member safety

Safety of all members is of paramount importance. It must take priority over everything else. The club abides by its own Safety Statement and takes guidance from Canoe Ireland (NGB) guidelines. The following are a list of some club safety requirements:

- All members must wear the appropriate safety gear; IE: PDFs (Personal Floatation Devices), helmets etc. This applies to every club member regardless of ability. It is the members own responsibility to ensure that he/she has all the required safety gear with them before entering the water.
- As Celbridge Paddlers is a club and not an Adventure Centre, it is expected that all regular paddlers will assemble their own safety gear. The club does provide safety gear to casual members for club events. All paddlers should have suitable footwear such as old runners or preferably neoprene booties. Paddlers hoping to paddle outside of the summer months should provide their own suitable clothing for the weather conditions (wetsuit, drysuit, cag etc)
- Helmets must be worn when paddling any boat, with the exception being a racing K Boat. The only time helmets may not be worn in enclosed boats is when paddling on deep, flat-water (e.g., on the canal)
- Every club member must be able to swim 50 meters unaided
- As tradition within the club and in association with Canoe Ireland recommendations “less than three, should never be.” Basically, a minimum of three paddlers should be present at any session. However, exceptions are made for paddlers of an adequate standard, who wish to train in racing boats
- On club outings, the club instructors in accordance with the CPCC Safety Statement will assess and decide on the appropriate arrangements in terms of location and group size. All members are expected to abide by the club instructors and leaders’ instructions. Failure to do so will be seen as a breach of club policy
- Members should never place themselves or others in dangerous situations and must be aware of others capabilities
- Failure to render assistance to any person in serious difficulty will lead to immediate expulsion from the club