



EXTENDED SAFETY POLICY MANDURAH PADDLING CLUB INC.

The health and safety of club members is of primary concern for the Mandurah Paddling Club Inc.

This policy is effective from 1 August 2009 until 1 August 2010, whereupon it will be reviewed by the Mandurah Paddling Club (MPC) Executive Committee.

This policy applies to all members, administration, officials, coaches, visitors and volunteers of the MPC.

The MPC will encourage all members to adopt practices that seek to prevent injury by:

- ❖ Encouraging warm-up, stretching and cool-down as an important component of paddling, whether socially or competitively.
- ❖ Promoting the use of protective equipment including suitable clothing, personal floatation devices, adequate lighting, etc
- ❖ Ensuring adequate public liability and participant insurance for all members
- ❖ Ensuring all players with a prior or current injury to seek professional advice from a sports medicine professional and be fully rehabilitated before returning to the sport
- ❖ Liaise and register with the appropriate local authorities eg. SES, Marine and Harbour etc before holding paddling events.
- ❖ Ensure that all club members adopt a “help a paddler in need” ethic and are encouraged to paddle with a “buddy”
- ❖ Maintaining appropriate participant lists during club events
- ❖ Monitoring paddling conditions before and during club events and making informed decisions as per the conditions.

- ❖ Providing first aid and rescue equipment at club training and competitive events eg throw bag tow line, first aid kit etc
- ❖ An accident log is to be maintained and be available for inspection at all times, giving time, place and nature of accident, injuries/damages sustained and names and addresses of witnesses. Accident logs should be made available to the proper national authority where required.
- ❖ Paddle leaders should take all reasonable steps to ensure that participants are competent to participate in the proposed activity. If the leader judges that a person is not sufficiently capable or responsible (eg. by virtue of age, fitness etc) to participate in that activity then that person should not be permitted to.
- ❖ Paddle leaders and participants should use an agreed and understood method of communication including concise instructions of safety, paddle program, expectations, sun and environmental protection.
- ❖ All Instructors and guides must have a current state government regulating body approved first aid qualification.
- ❖ Float Plan – For every trip that leaves the immediate launch area, details of the participants and the trip should be lodged with a responsible person or authority so that in the event of an emergency, a detailed description of the group and its activity is freely available. Details of the trip and contingency plan should be noted. See attached.
- ❖ Junior participants (under 18 years old) must have a signed declaration from a parent or guardian authorizing them to undertake the paddling activities prior to participation.



LEADER RESPONSIBILITY

Leaders have the following minimum responsibilities:

- Research likely hazards
- Confirm group experience/capabilities (where possible)
- Adhere to these guidelines
- Ensure a full briefing of participants is clearly carried out and understood
- Check environmental conditions (i.e. river levels, weather reports, weather forecast)
- Ensure that all group equipment is stored correctly
- Confirm head count before departure and throughout trip
- Be alert for physical and psychological condition of the group
- Control the pace of the group

- Rest group if necessary
- Ensure, to the best of their ability, that participants do not get into situations beyond their capabilities
- Designate responsibility to other leaders
- Confirm headcount after trip
- Notify appropriate persons of safe completion
- Check all equipment on return.

Before commencing the trip, it is the Leader's responsibility to ensure to the best of their ability that each party member has the knowledge, ability, skill and equipment to participate safely.

All leaders and club guides should have access to, and reviewed, the AUSTRALIAN CANOEING SAFETY GUIDELINES: Minimum standards for the conduct of safe non-competitive canoeing and kayaking activities. This can be located on the Australian Canoeing website as follows:

<http://www.canoe.org.au/site/canoeing/ac/downloads/Safety-Guidelines>

POLICY REVIEW

This policy will be reviewed six months after its introduction and then as required, or on an annual basis thereafter. This will ensure that the policy remains current and practical.

Adult paddlers, coaches and club members are expected to set appropriate examples and act as role models for junior club members.

The club will make information available to club members and families to promote healthy lifestyles.

Anyone wishing to discuss any aspect of this policy is invited to contact any members of the MPC Executive Committee.

Thank-you for your co-operation.



President

_____ Date

