



06 SAFETY POLICY

Paddlers' responsibilities

Paddlers are responsible for their own safety and following all safety rules.

Paddlers who can't swim at least 100 metres must wear a lifejacket at all times. Other paddlers must wear lifejackets in line with Department for Planning Transport and Infrastructure requirements.

Paddlers who have asthma are to take their medication on the boat.

Boat safety

The sweep is in command of the boat. Paddlers must follow their instructions at all times.

Sweeps must have a current first aid certificate in line with DBSA policy. Level 0 trainee sweeps must be supervised by a Level 3-5 accredited sweep.

The sweep will carry a whistle to attract attention of the other boat in an emergency.

The sweep is responsible for ensuring a safety pack is carried in the boat during training sessions that contains all the below:

- mobile phone with emergency numbers with Emergency App on auto dial
- map of West Lakes and ambulance access points where the boat can be beached in an emergency
- an up-to-date list of emergency contacts is on the phone
- torch
- reading glasses.

The safety pack is kept at front of the boat with the lead strokes.

The lead strokes notify the sweep of the nearest access point in the case of an emergency.

The sweep will ask paddlers to number off when the boat is loaded and ready to paddle. The sweep must note how many paddlers are in the boat, in case of an emergency.

Club responsibilities

The club will:

- make sure all paddlers are aware of the location of the defibrillator in the Aquatic Reserve boat shed
- conduct an annual session on how to manage medical emergencies, including correct use of the defibrillator and CPR

- conduct an annual swim test and capsize drill in line with the DBSA Swim Test and Capsize Drill Policy.

Supporting procedures:

- Managing medical episodes in the boat procedures
- Capsize procedures

Endorsed by SADA Committee	16/12/2023
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