

Kayakers and canoeists

As the summer season is upon us, Jersey Coastguard would like to promote the following safety advice for paddlers, whether new to the pursuit or 'a dab hand with a paddle'.

CHECK THE **WEATHER FORECAST** AND SWELL CONDITIONS

The Shipping forecast can be obtained from the following sources:

- Jersey Met website
- Ports of Jersey website
- Broadcasts by Jersey Coastguard on VHF Ch 82

CHECK THE **TIDE**

- Times of high and low water
- Be aware of coastal currents

MAKE A **PLAN**

- But also have a plan B in case the weather or circumstances change

ENSURE YOU HAVE **SUITABLE EQUIPMENT AND CLOTHING**

- Life jacket
- Flares
- VHF radio or other means of communication
- Handheld GPS
- Torch
- Sunglasses
- Sun cream
- First aid kit
- Plenty of drinking water

CHECK YOUR **EQUIPMENT** TO ENSURE IT IS IN GOOD WORKING ORDER

- Ensure a name and contact number are visible on the kayak/canoe
- Check the expiry/service dates of all safety equipment eg flares and life jackets
- Know the limitations of your kayak/canoe

ENSURE YOU ARE WEARING **SUITABLE CLOTHING**

- Warm clothing
- Waterproofs
- Wetsuit - the weather at sea can change quickly

TELL SOMEONE ASHORE OF YOUR INTENTIONS AND/OR DESTINATION

- Advise family or friends of your intentions, ie type of activity
- Where you are departing from and travelling to
- Number of persons and expected time of arrival

LOG A **TRAFFIC REPORT** WITH JERSEY COASTGUARD VHF CH 82 OR TEL 447705

ENSURE ALL MEMBERS IN THE GROUP ARE AWARE OF **SAFETY PROCEDURES** AND KNOW WHAT TO DO IN AN EMERGENCY

- Allocate life jackets to all paddlers
- Practice a capsizing drill
- Know who to call in an emergency

If there are any concerns over safety whilst in and around the marine environment, don't hesitate to contact Jersey Coastguard Tel: 447705 and VHF channel 82

