

Kayakers / 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 KEEP UP-TO-DATE

The Shipping forecast can be obtained from the following sources:

*Jersey Met website *Port of Jersey Website *Broadcasts by Jersey Coastguard VHF ch82

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 SAFETY EQUIPMENT

*Life jackets *Flares *Vhf radio or other means of communication *Hand held 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 & contact number are visible on the kayak/canoe *Check the

expiry/service dates of all safety equipment e.g. flares/life jackets *Know the limitations of your kayak/canoe

ENSURE YOU ARE WEARING SUITABLE CLOTHING

*Warm clothing *Waterproofs *Wetsuitthe weather at sea can change quickly

TELL SOMEONE ASHORE OF YOUR INTENTIONS AND/OR DESTINATION

*Advise family or friends of your intentions i.e. type of activity *Where you are

departing from, travelling to *Number of persons and expected time of arrival

LOG A TRAFFIC REPORT WITH JERSEY COASTGUARD VHF CH82 / 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 capsize 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 Coast Guard Tel: 447705 & VHF ch82