

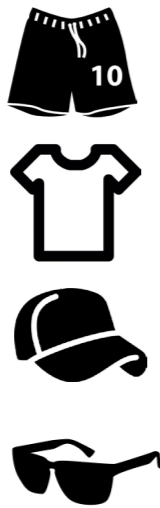
WATER ACTIVITIES

ESSENTIAL INFORMATION FOR YOUNG PEOPLE
WHAT YOU NEED TO KNOW

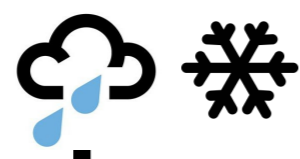
WHAT TO WEAR



- SHORTS
- T-SHIRT
WITH SHOULDERS –
NO STRAPS
- SUN HAT
- SUNGLASSES



No matter how hot, you must always wear a top that covers your shoulders.



- WATERPROOF
TOP OR CAG
- LOTS OF
WARM LAYERS
- LIGHTWEIGHT
TROUSERS
- WATERPROOF
TROUSERS



Denim/jeans are never OK for boating – they get heavy when wet.

FOOTWEAR

YES NO



TRAINERS



WET BOOTS



WATER SHOES

WELLIES
SLIPPY & DON'T FIT WELL
CROCS
OK – MUST BE IN SPORT MODE
SANDALS
DON'T PROTECT YOUR FEET

FOR YOUR SAFETY



YOU MUST **ALWAYS** WEAR A CORRECTLY FITTED BUOYANCY AID WHEN YOU ARE ON OR NEAR THE WATER.

A LEADER WILL CHECK YOUR BUOYANCY AID FITS -
IF YOU'RE NOT SURE, ALWAYS ASK!

HELMETS MIGHT BE USED DEPENDING ON ACTIVITY
AND WEATHER CONDITIONS.

IF A LEADER TELLS YOU TO PUT ON A HELMET, DO
NOT TAKE IT OFF UNTIL YOU ARE TOLD YOU CAN.



Follow instructions given to you immediately. They are for your safety.
We expect you to be respectful and remember our Scout values.

WHAT TO BRING

TAKE ON THE WATER



WATER BOTTLE



WATERPROOFS



SUN CREAM



WARM LAYER



SUN HAT



DRY BAG

HAVE ASHORE (AT START OF SESSION)



TOWEL



CHANGE OF
CLOTHES



BAG



SPARE SHOES



WARM JUMPER



PHONE

PLEASE DON'T BRING VALUABLES WITH YOU.
IF YOU MUST BRING A PHONE, STORE IT SAFELY / GIVE TO BANK LEADER.

WEATHER

ALWAYS CHECK A WEATHER FORECAST BEFORE BOATING AS IT
CAN HAVE DIFFERENT IMPACTS ON OUR ACTIVITIES:



- WHAT YOU SHOULD WEAR
- HOW LONG THE SESSION IS
- WHERE WE GO



- WIND STRENGTH AND DIRECTION
IMPACTS WHICH TYPES OF BOATING WE
CAN DO



- RIVER FLOW SPEED IMPACTS
WHERE WE CAN GO AND WHICH
TYPES OF BOATING WE CAN DO

YOU BEING SAFE IS ALWAYS OUR PRIORITY.

OUR RULES



YOU MUST WEAR A BUOYANCY AID
WHEN YOU ARE AT THE EDGE OF THE
RIVER (EVEN IF YOU AREN'T IN A BOAT)



DO NOT RUN ON THE TOWPATH,
OR FROM THE GRASS TO THE RIVER –
WATCH FOR CYCLISTS



LISTEN TO YOUR LEADER OR INSTRUCTOR
AND ALWAYS FOLLOW THEIR
INSTRUCTIONS



BE RESPECTFUL OF EVERYONE
AND EVERYTHING –
REMEMBER OUR VALUES



ALWAYS WEAR FOOTWEAR ON,
IN AND NEAR THE RIVER



SESSIONS ARE NOT FINISHED UNTIL EVERYTHING IS
PUT AWAY AND YOU ARE TOLD YOU CAN LEAVE



USE THE HAND SANITISER BEFORE YOU GO HOME –
TELL A LEADER IF YOU BECOME INJURED DURING
A SESSION



YOUR LEADERS WILL EXPLAIN ANYTHING ELSE YOU
NEED TO KNOW - IF YOU'RE NOT SURE, ASK!

HAVE FUN!