

## Operating Procedures

## Stand up Paddleboards

Those members wishing to use these craft should be directed to RC Kayaking who will provide them with a 'how to use' document covering these craft. Users must read the document and the guide to tides referred to.

Users must attend a ready to ride course at an approved centre prior to using the SUPs or demonstrate to RC Kayaking an equivalent level of experience.

Users must sign the approved user form (copy attached) which confirms they have read the documentation and rules

Users are to remain within the zone of permitted use, the map of which is to be placed on the cupboards adjacent to where the boards are stored.

Users are to be offered advice on clothing (wetsuit and thermal top are the best) but they decide themselves what to wear appropriate for the weather and time of year.

Users may not take out non-members.

Users normally are expected to wear a buoyancy aid but very experienced users wishing to paddle without one may be given permission for this by RC Kayaking

The form users must sign will be updated from time to time but at time of this document being formally approved was as follows:

I (the approved user) confirm that:

- I have read the written instructions regarding these craft given to me by the club and will paddle as advised observing the advice in those instructions
- I will use the boards only when wind is low and there is no strong tide running
- I will take a mobile phone in waterproof case

- I will wear a buoyancy aid unless I have been given express permission not to do so by RC Kayaking who may allow this for very experienced users
- I will always connect myself to the board using the ankle leash
- I will stay within the usage area indicated on the map on the cupboard adjacent to where the boards are kept
- I understand that use of the boards to play in surf off beaches is not permitted
- I understand that any member under 18 must always be accompanied on the water by an adult who is a member
- I understand that I may not allow a board to be used by a non-member





Green Line  
= normal  
limit of  
use.

Past Castles  
permitted only  
when wind is  
very light