

# *SYSTON SAILING CLUB*

## **Paddleboard Safety Sheet**

- All Paddleboarders must sign in and sign a disclaimer form before going out on the water. Responsible adults must sign for everyone in their party under the age of 18.
- Parents/Guardians must remain with and supervise their children
- Always follow the instructions of the Duty Officer
- Those who have never paddleboarded before or are new to the sport **MUST** remain within 20 metres of the shore and no more than 100m either side of the launch area, which will be clearly marked.
- Those, who are more proficient are welcome to use the whole lake, providing they stay within sight of the clubhouse. We **CANNOT** offer safety cover when out of sight behind the island.
- Paddleboarders must stay vigilant to other craft on the water.
- When Dinghy instruction courses are being run, then **ALL** paddleboarders must keep to the outside of all the buoys ( ie between the shore and the buoys nearest the shore)
- Sunday afternoon is our only organised Paddleboard session, for which we offer safety cover. Outside of this time paddleboarding can only take place with a Club Member attending and under the strict guideline that there are a minimum of 2 (TWO) boards on the water and a responsible adult on shore in case of emergency