



**Policy Name: Cold Water Policy**

POLICY DESCRIPTION: Extra precautions will be taken in cold- water situations.

**Protocol 1:** The Head Coach will solely determine the eligibility of a paddler to go onto the water.

**Protocol 2:** The Coach must determine the suitability for paddling of the weather conditions, i.e. wind, waves, temperature and visibility and any combination of these, before and during the on-water training periods.

**Protocol 3:** Each paddler on the water will wear a PFD and carry a whistle.

**Protocol 4:** Paddlers will use a buddy system on the water. If a tip occurs, paddlers in the immediate area are to stop and stay with the person in the water until the rescue is complete; the remaining paddlers must move close to shore and paddle back to the clubhouse or starting position.

**Protocol 5:** Paddlers must also assume responsibility for their own safety: • It is the paddlers’ responsibility to bring a spare set of dry clothes to allow rapid change of clothing after a tip occurs. • All paddlers will wear warm and suitable clothing for paddling• the coach has the right to prevent the athlete paddling if unsuitably dressed. • Paddlers will use a buddy system on the water• If a tip occurs, paddlers in the immediate area are to stop and stay with the person in the water until the rescue is complete• All paddlers should take the appropriate boat and paddle based the skill level• All paddlers are expected to be dressed and ready to train at their scheduled times.

**St.Albert Canoe Kayak Club Informed Consent Form**

I/We, the undersigned, hereby acknowledge that risks of injury are inherent to the participation in the sport of paddling. These injuries may be minor or serious and may result from one’s actions, or the actions or inactions of others, or a combination of both. I/We understand that the Club’s Rules and Regulations are designed for the safety and protection of participants and hereby undertake to abide by these Rules and Regulations. I/We understand that certain activities require a minimum level of fitness and health, physical, mental and emotional, and each person has a different capacity for participating in these activities. I/We hereby warrant being physically fit to participate and understand that the choice to participate brings with it the assumption of those risks and results that are part of these activities. I/We agree the St. Albert Canoe Kayak Club, or its employees, servants, or volunteers shall not be liable for any injury to my person, or loss or damage to my personal property, arising from, or in any way resulting from, my participation in these activities, unless such injury loss or damage is caused by the sole negligence of the Club, or its employees, servants, or volunteers while acting within the scope of their duties. I/We declare having read and understood the above informed consent agreement in its entirety and hereby consent to participate acknowledging all of the foregoing.

Signatures Paddler name: \_\_\_\_\_ Paddler signature: \_\_\_\_\_

If paddler is under 19 years of age:

Parent name: \_\_\_\_\_ Parent signature: \_\_\_\_\_  
Date \_\_\_\_\_