



Greg's Paddle Tips

Paddle Safe - Paddle Smart

- 1.** Keep safe, stay right.
Where possible, paddle outside the channel.
Don't paddle in the centre of the channel or river.
- 2.** Stay safe. Paddlers need to be aware of their own abilities and those of their fellow paddlers. They need to be aware of risks they'll need to manage along the way.
- 3.** Safety conscious. Paddlers need to wear highly visible clothing so that they are reducing the risk of being run over by another vessel. They also need to be aware of other risks such as weather conditions, the environment and vessel traffic etc. Staying conscious is vital for safe paddling.
- 4.** Paddling fitness. Mental and physical fitness is required for safe paddling. On the water there are many variables to safe paddling. The more challenging the paddle, the greater the degree of physical and mental fitness required to stay safe.
- 5.** Crossing fairways safely. Cross channels at right angles. Always pass behind a larger vessel rather than in front. Be aware of wash from other vessels. Never assume skippers of larger vessels can see you. Keep a proper lookout. Avoid shipping lanes and main traffic areas.
- 6.** Conduct a safety check. Get the latest weather and wave report before commencing a paddle. Check that your equipment is in working order. Carry a mobile phone in a waterproof wallet. Carry sufficient water, food and sun protection. Ensure that you are dressed appropriately for the conditions.
- 7.** Keep a proper lookout. Use your eyes and ears to keep a good lookout. Take care when entering or crossing fairways.
- 8.** Keep clear of larger vessels. Always try to cross behind other vessels. It is foolish to cross in front of the path of another vessel where a collision could be imminent. Remember, powerboat wash can capsize small craft.
- 9.** Paddling technique. It leads to improved performance and efficiency and enhances your paddling enjoyment. It will minimise the prospect of injuries. Become a smart paddler by participating in a paddle workshop. Learn first so that you have the foundation principles for safe paddling.
- 10.** Don't be a statistic. Dress to be seen. Paddle in tight formation. Keep a proper lookout. Stay close to the shore line where possible. Keep to the starboard, right-hand side of the fairway.
- 11.** Responsible paddling. Stay near a shore where possible and away from traffic lanes. If paddling in the safety of a group, keep close to the flotilla at all times and listen to any instructions given by the group leader.
- 12.** Keep your head above water. Wear a lifejacket. An approved buoyancy vest must be worn when paddling more than 100m from shore on enclosed waters, on ocean or alpine waters.