



Copyright Upper Hamble Canoe Club 2022

UHCC Club Session rules from the Barkstore

1. The Published programme time is the on the water time. Arrival at the Barkstore should be no earlier than 30 minutes before this time.
2. Session leader to give the go ahead to get on the water.
3. Late arrivals after the Published time should not get on the water unless they can comply with rule 4. They will not be part of the session until they have reported to the session leader.
4. No fewer than three paddlers to a group at all times.
5. Session Leader has the right to refuse people to be part of the session for any reason, so long as the reason is given.
6. All coaches/helpers to report to the session leader, stating what their intentions for the session are. (i.e. open paddling/personal paddle/assist in coaching if needed etc)
7. All boats to be fitted with sufficient buoyancy.
8. Buoyancy aids to be worn by all when near or on the water.
9. Spray decks only to be fitted if “wet exit” escape rescue completed or ok given by session leader.
10. Shoes should be worn. Flip flops and slip on shoes are not suitable and you may be refused to paddle with the club in them.
11. Turning up to paddle at the same time as a club session implies that as a club member you are taking part in the session and will abide by the session leaders instructions and rule 4.
12. Children must always be accompanied by a guardian on the water in the same type of craft.
13. Child paddlers should never be left with fewer than two adults for the protection of all.
14. A child is classed as under 16 years of age.
15. 16 to 18 year olds can paddle unaccompanied, so long as a consent form has been filled out and given to the club membership secretary.

Paper copies are uncontrolled. Always refer to latest issue of document held on web site www.upperhamblecc.co.uk



Copyright Upper Hamble Canoe Club 2022

16. Use Steeple court car park on club paddles.

Do not park in the lane or by the water works.

17. Launch from the slipway or mud bank, **Do not launch from the quay walls.**

Paper copies are uncontrolled. Always refer to latest issue of document held on web site
www.upperhamblecc.co.uk