

# ADCKC Club Safety Checklist

The following checklist is a guide provided to the ADCKC member clubs as a quick reference to the ADCKC safety policies. The full description of policies can be found at [www.canoekayak.ca](http://www.canoekayak.ca). It is expected that club members, coaches and volunteers follow these policies at all times. For a full listing of Boating Safety rules please visit:

[www.boatingsafety.gc.ca](http://www.boatingsafety.gc.ca)      1-800-267-6687

- 1** When training in/on cold water all athletes and coaches must wear a certified PFD at all times. **NOTE: Lifebelts are NOT a PFD.**
- 2** When training in/on cold water all athletes must be accompanied by a safety boat.
- 3** The safety boat must be carrying a PFD appropriate for all members of the largest boat on the water in addition to the safety boat driver's own safety gear. **NOTE: Lifebelts are NOT a PFD.**
- 4** No coaches or athletes are allowed to be on the water more than 30 minutes prior to sunrise and/or 30 minutes post sunset without the proper lighting equipment.
- 5** No war canoes or dragonboats are allowed to be on the water more than 30 minutes prior to sunrise and/or 30 minutes post sunset.
- 6** All athletes regardless of age are expected to pass the equivalent of an AquaQuest 6 swim test before going out in a boat. Those who cannot pass the test must wear a certified PFD.
- 7** In addition to all other safety measures, Bantams and Peewees are required to wear a minimum of a lifebelt at all times when on the water. Atoms are required to wear a certified PFD at all times when on the water.
- 8** **Coast Guard regulations require a PFD per paddler to be carried in any boat on the water if not accompanied closely by a safety boat.**

Cold water is anything under 8° celcius.



## Enforcement

- 1** First violation = written warning from the ADCKC
- 2** Second violation = suspension from selected regattas
- 3** Third violation = termination of ADCKC membership

[www.adckc.ca](http://www.adckc.ca)

