



## **BUOYANCY AIDS**

**Please find below a statement of the Club's policy on the use of buoyancy aids.  
The club operates according to BCU and MRC guidelines.**

**If, as a paddler or parent, you have any questions regarding this please speak to a Committee member.**

### **Bishops Stortford Canoe Club Policy on use of Buoyancy Aids**

- The Club advocates a cautious approach where buoyancy aids are freely provided for all to use.
- Buoyancy aids should be worn by all paddlers whilst on the water with the exception of senior paddlers ranked Div 6 and above participating in 'race training in groups' on 'sheltered water'.
- All under-18s will normally be required to wear a buoyancy aid. Where coaches and parents have agreed that it is appropriate for an under-18 who has reached Division 6+ to participate in competition racing or in race training as part of a group on sheltered water in daylight without wearing a buoyancy aid, parents must sign a Buoyancy Aid Consent form for club records.
- Buoyancy aids must be worn by ALL paddlers aged under 18 on the water in the dark.
- Buoyancy aids must be worn by ALL paddlers on the water alone.
- In all sessions under the supervision of a BC coach, the decision of the coach is final.
- All paddlers should check the condition and fit of their buoyancy aid as a matter of routine at the point of use, especially where it has not been issued to them by a coach

'Race training' means paddling a flat water racing single, double or four - kayak or canoe in training for marathon or sprint competition. 'Group' means three paddlers or more.

The River Stort is usually classified as 'sheltered water'. When the river is in spate it may not be 'sheltered water', refer to the senior coach on the day. If in any doubt about the conditions, use a buoyancy aid.