

Wansbeck Paddle Sports Club

Appendix 4 to Coaching Regulations Equipment List

Proper equipment is an essential element in the safety, enjoyment and learning for all paddlers. The club makes every effort to ensure that paddlers are introduced to appropriately sized good quality equipment in good condition. The choice of which equipment to use is dependent on the conditions and the trip to be undertaken, coaches should offer advice to all paddlers and be clear that there are conditions when not following that advice will result in paddlers not participating in the activity.

Paddlers and coaches are advised to read Chapters 2 & 3 of the BC Handbook and to follow the advice/information there. Coaches will develop understanding of equipment and its use as they develop through the Coaching Scheme.

There are safety issues with equipment most of which are outlined below. However in general terms ensure that you know how to use equipment, avoid the "all the gear but no idea" syndrome. Also remember that the amount and type of equipment needs to be appropriate to the environment, activity and participants.

Club Kit offered to paddlers - paddlers may choose to use their own kit but coaches should ensure that it is suitable	
	Notes
Helmet	Ensure fits properly - won't slip and expose forehead to injury
Buoyancy aid	Ensure fits properly - won't slip up if swimming
Wetsuit	Ensure fits properly - a tight fit to trap a layer of water
Paddle	Appropriate to paddler and craft
Boat	Appropriate to paddler and activity -checked as per checklist 2
Spraydeck	Only to be worn following successful outdoor capsized drill
Cagoule	Wind proof shell - not always required
Canoe Poles	Ensure fit together before launch
Personal - in addition to club kit	
Footwear	suitable for the boat and on the bank, ie not an entrapment risk and with suitable tread and ankle support
Socks	Wool or thermal for warmth when wet
Under Wetsuit	Non cotton underwear, nylon, thermal or fleece tops. Trousers under wetsuits tend to "bunch" and to be uncomfortable
Spare Clothing	To keep warm during breaks, awaiting transport etc- best to be an extra windproof shell as it is best to put extra on rather than taking off existing clothes. Warm hats for when helmet is removed

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Extra Clothing for people sensitive to cold	<ul style="list-style-type: none"> • There are excellent thermal tops and trousers available • Pogies are more effective than gloves • Skull caps are available that can be worn under helmet • Waterproof and/or thermal socks • Dry Cags and/or dry suits
Food and drink	Enough for the trip plus a little extra to share with members of the group and to maintain comfort if there are any delays
<p>Kit for coaches and paddlers working through star tests - the star tests and coaching awards cover the equipment to be taken by coaches and assistants. It is essential that coaches "role model" the use of equipment, as soon as a new paddler sees a coach not wearing a helmet they will want to copy them. Different equipment is essential in different activities and environments.</p>	
Tape and Karabiner	Easily available whilst paddling
Whistle	Easily available whilst paddling
"Ouch Kit"	Easily available whilst paddling - kit to deal with minor first aid
Knife	Easily available and carried by every one in the environment where ropes are to be used
Quick Repair	Easily available whilst paddling - Flashband or Denzo, plumbers putty, gaffer tape
Map/chart and compass	Able to navigate whilst on journey - particularly on open water. Able to find "escape" routes on rivers
Towline	For use on the sea - do not use river ones
Strobe Emergency Light	Attached to buoyancy aid so that paddler can be seen if swimming at sea
Bivi Bags	Plastic
<p>Group kit - coaches are responsible to ensure that enough of the following are available for the group and carried between the group. However small the group it is important that at least 2 of each are carried so that if one boat is lost/pinned then other boats are equipped. The stowage of kit is an important consideration - people have put themselves in great danger attempting to recover "emergency kit" that has come out of boats!!</p>	
Throwbags	At least one per paddler
Spare Tapes and Karabiners	For tows, rescues and myriad other uses
First Aid Kits	Club ones available for club coaches - essential that any items used are replaced by coach from the club store
Extra/Emergency Food and drink	Some people may forget food, others not bring enough and the group may be delayed. At the appropriate time some food and drink can prevent a drama turning into a crisis.

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Group Shelter	Club ones available, get groups used to using them
Group Clothing	Some spare clothing for situations
Mobile Phone	Stored in dry bag or specialist waterproof phone holder (phone can be used whilst inside case/bag)
Repair Kit	Enough for the craft and environment - eg spare hatch covers when in sea kayaks not needed in river/surf/canoes
VHF	Fully charged and in waterproof case. Users to have passed course.
Flares	Essential for sea journeys
Spare paddles	Enough for the group - can be difficult to carry in river boats
Head Torch	Trips that finish in twilight often require light to load trailer etc, head torch essential if the group is delayed.
Light Sticks	For night paddling - better than a torch for general movement as they allow more development of night vision
Pruning saw	Essential for Open Canoe emergencies (to cut thwart) and for clearing routes if necessary.
Beach markers	Enough to provide markers visible from the sea that gives boundaries to the area that should be surfed. Can be as simple as large Dry Bags/Barrels, utilise features - buildings etc to provide transits.

CHECK LIST 2 - BOAT/PADDLE

Size	appropriate to size and weight of paddler
Hull	in good condition with screws and nuts all present and tight
Skeg	If fitted should work
Hatch covers	Fit, don't leak
Seats/kneeling thwarts	Good condition, secure
Backrest	Secure and fitting paddler
Grab handles	in good condition
Deck lines	Secure, not frayed
Longitudinal Bulkheads	Secure and per design to the front and rear of the cockpit.
Plate footrest or pegs	Depending on water, adjusted to the paddler with securing nuts done up
Air bags	which stay blown up
Buoyancy Blocks	Good condition and securely fitted to canoe
PainterLoop	Securely attached to stress bearing fitting to hull - not just to end cap

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Drain plug	attached and won't get lost
Paddle	length, blade and feather appropriate to size of paddler with comfortable grip

CHECK LIST 3 - SPARE KIT PER PARTY

carried to the get in to deal with overlooked items

Spray deck	
Buoyancy aid	
Cag	
Dry bag	