



## **Lincoln Canoe Club**

### **Winter Safety Information**

Winter canoeing, no matter how cold, can be exhilarating and very enjoyable. Members are informed that weather conditions can be challenging at times due to the lower temperatures and high winds.

All members should dress appropriately during the winter and take care of each other. A paddle back to the club might follow an unexpected capsized. Suggested clothing includes:

- Buoyancy Aid
- A thermal vest and / or trousers
- Gaiters or other wind proof jacket
- Suitable footwear and socks
- Warm headgear
- Paddle mitts

Club members are reminded that the 'Paddling Safety Information' still applies during the winter months, but these additional safety measures must be considered.

1. In extreme conditions club sessions may be cancelled. On such occasions, the coach will endeavour to inform parents of junior members.
2. Members' duty of care for each other is extended in winter conditions, especially in strong winds.
3. Ice is a particular hazard. Do not attempt to stand or walk on ice. If there is ice by the bank, getting out of the water might be impossible. Do not paddle in a narrow channel in ice made by powered craft which will prevent access to the bank if a capsized occurs. If in doubt, seek advice.

**NB for Upper Witham.** During the winter, stronger flows will be experienced on the Upper Witham.

As well as negotiating the low bridges, other things to be aware of are:

- The sheer sides (and ricocheting wash) for some distance after the Ropewalk Bridge.
- The flow into Sincil Drain and other tributaries.
- The water is now 5 feet deep next to the bank on some stretches of the Upper Witham and anyone capsizing may need assistance to get out of the water.

**IN COLD CONDITIONS PLEASE LOOK AFTER (AND KEEP AN EYE ON) EACH OTHER.**

#### 4.4.6-03 Revision history

Rev	Date	By	Details of change
0	June 2008	RG	Initial issue.
1	Nov 2008	RG	Minor corrections. Add section about not paddling in a narrow channel in ice.
2	Mar 2012	DJM	Major update.
3	June 2015	DJM	Added club logo and review dates.
4	August 2016	DJM	Removed reference to buoyancy aids for juniors being required in winter. (Now required at all times unless an exemption form has been completed.)
5	June 2017	DJM	New logo.
6	October 2019	DF	No Changes