



CHARLESTON PADDLE CLUB (CPC)

Club SAFETY Plan

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Revision 1.0



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Revision History

REV	DATE	Edited Section/s	Brief description of edit	Edits by (initials)	Board approval date and initials
1.0	2 Dec 2022	DRAFT	Created	CTW	



Safety Plan CPC

Outrigger Safety Guidelines

Fitness and medical

- Paddling can be strenuous. Anyone new to an exercise program should consult with their doctor, and self-assess if they are ready for paddling.
- It is recommended that paddlers be comfortable in the water: recommended swimming ability equivalent to treading water 15 minutes and be able to swim 50 yards and be able to get in a canoe from the water without assistance (Huli strap permitted).
- Inform your coach, steersperson/captain of any health issues or medications that may affect your attention or performance.
- All Paddlers must have a completed and signed WAIVER on file with CPC, this must be up to date (yearly).
- No children under the age of 16 are allowed in club watercraft or club sponsored events.
NOTE: If a get together or open paddle is offered in the club meetup page, it does not mean that it is club sponsored, it is posted as a social awareness.
- All paddlers must **wear** PFDs at all times.
 - Putting a PFD on while you're in the water is almost impossible. Put your PFD on before entering the water
- OC-6 canoes are only to be used when the paddle is lead by a CPC approved paddle leader.
- Steersperson responsible for ensuring
 - All OC-6 paddlers wearing a PFD
 - No fewer than 5 or more than 6 paddlers per OC6 canoe
 - Check canoes for seaworthiness prior to launching. Check amas and hull for potential leaks. Make sure that rigging is secure. Re-rig or take out of service if necessary.
 - Bailers (buckets/Scoops) are within the OC-6 (recommend a minimum of two (2))
 - A distress-signaling device (Pea-less Whistle) is in the OC6 (ideally on the Steersperson).
 - Communication to the paddlers on direction and objective is made prior to disembarking on the paddle.
 - All crew members should be in agreement as to the route, time, and each paddlers' emergency tasks before going out on the water.
- If you are going out in cold weather BE PREPARED.
- Be cautious as dock and ramp may be very slippery
- Paddle leaders are to check conditions prior to a paddle. Check wind, weather, swell, tides, potential for lightening especially, and sunset if involved in later afternoon early evening paddle.
- Paddle leaders are to set the paddle plan according to conditions and crew capabilities. Safety first. If in doubt, don't go out.
- Obey rules of marine navigation. Exit and enter harbor on the right side of channel (red buoys or markers to the right (starboard) when returning to the harbor, green buoys or markers on the right when leaving the harbor. Do not stop in the main channels of the harbor, especially at the harbor entrance. Give way to all other boats (even though canoes technically have right away over power boats).
- In foggy conditions, no OC-6 will be utilized.
- No paddlers are to go into harbor, or through, without having conducted two (2) Huli drills in the past 12 months and recorded with Club board.
- Don't go farther from shore than you care to swim back if you or your equipment should fail.
- Use of club OC6 canoes outside of regularly scheduled groups or events must be reserved ahead of time.
- Each new paddler shall be paired with an experienced club member paddler.



- When multiple canoes are out together, the lead canoe should circle back or in the very least stay within clear view of the following canoe (less than 300 yards) so that nobody gets left behind.

HULI DRILLS

Huli drill

Every member must complete two huli drills, in the OC-6 at least once every year, before they can paddle into or through the harbor. (Where is the list to update and provide for accountability?)

Most crews/paddlers usually do huli practices in calm conditions. Consider huli practices in windy/choppy conditions, as this is where OC6 or small-boat paddlers may find themselves caught off-guard by turbulent water.

All paddlers must know responsibilities in the event of a Huli.

(Reference the "THE BIG HULI RECOVERY (OC-6)" hand out: attached below



Microsoft Word
Document

Big Huli Recovery OC-6

Safety is everyone's responsibility, all the time. It's not just the Captain's job. If in doubt, don't go out.

Recommended (not required)

- Glare off the water can damage eyes as well as skin. Wear shades, have a light long sleeved shirt in the summer, wear a ball cap and don't forget your sunscreen.
- Cold water saps your body's core heat much faster than air. If you can't get out of the water, use the Heat Escape Lessening Position (HELP). With PFD on, cross arms tightly, draw knees up close to chest, remain calm and still. If more than one person, all huddle and hold on to each other.
- If you see a dark line on the horizon, it's the wind and/or tide. the darker the line, the stronger the wind. Be aware of it and head back if necessary.

Newcomers Checklist contain:

- Introduction to the club, the team on dock, what CPC represents and the boats and policies.
- Waiver review
- How to Size up w/ paddle
- PFD useage, try-on
- Crews set by Leader-of-the-Day
- Steersperson reviews:
 - Technique
 - Verbal commands
 - Seat assignments & responsibilities
 - Huli



- What it is, how to prevent it, what to do if it occurs
- Loading & unloading OC6's