

## **Inverness Canoe Club: Club Trips Information for Participants February 2021**

### **General:**

ICC organises Club Trips on rivers, sea, reservoirs and lochs throughout the year for a variety of abilities and in different environmental conditions. For reference on environmental conditions, qualifications and ratios refer to

[British Canoeing Environmental Definitions & Deployment Guidance for Instructors, Coaches & Leaders](#)

Our plans may be adjusted for a variety of reasons in order to provide the best possible experiences for paddlers. If the planned activity/ venue is not suitable due to e.g. environmental factors out with our control we will endeavour to provide a suitable alternative, otherwise we will postpone or cancel to ensure we meet (and don't exceed) the group's needs.

**Club Trips are advertised via the ICC Calendar and WebCollect.** The advert includes:

- information on the Trip Leader,
- the grade of the Trip
- the level of ability expected of the participants.

Bookings through WebCollect are made in advance of the Trip to allow due diligence and risk assessment. Paddlers are asked to confirm they are familiar with the ICC Paddlesport Risk Assessment that can be found at: <https://www.invernesscc.org.uk/index.php/join-the-club/downloads/category/15-club-policies>

The ethos of club trips is that each participant should be self-sufficient. **Participants are therefore asked to be:**

- competent group paddlers in their paddling environment. New paddlers will ideally have completed the ICC introductory course or equivalent external provider training.
- familiar with rescues of self and others or paddlers hold a FSRT Proficiency award
- able to wet exit and be developing skills in self rescue for kayak trips on moving/moderate water
- able to demonstrate competence on very sheltered water and capsize drills prior to moving onto gentle rivers for canoe trips
- familiar with the Trip description to ensure they have the required skills. If a paddler is unsure if a Trip is within their skills level this can be clarified with the Leader in advance. Please be aware that Trip Leaders may decline a paddler booking on a Trip if competency or fitness could put the paddler or others at risk.
- in touch with the Trip Leader to inform them of any medical details or relevant information not already disclosed on WebCollect.
- Aware of weather and water conditions which can be found on Met Office, XCWeather, Tides Near Me, Windy App, Magic Seaweed, [www.canoescotland.org](http://www.canoescotland.org) where's the water.
- Following the BC Access & Environment guidance: [www.canoescotland.org](http://www.canoescotland.org)

- Paddlers arrange their own transportation including the carriage of equipment & boats taking in to account the clubs carbon footprint and impact on communities.
- **Equipment:** Club members can hire: a boat, paddle, spray-deck, buoyancy aid and helmet. This needs to be booked in advance. Collection is by arrangement with the kit store key holder.
- Participants are required to bring as a minimum:
  - warm clothing including spares in a dry bag
  - food and water
  - personal medication
  - first aid kit
- Equipment required for more advanced environments includes but is not limited to:
  - tow line/ tape and carabiner
  - throw bag (on rivers)
  - repair kit (on sea)
  - means of communication, e.g. phone, PLB, VHF

**After the Trip:** Participants are invited to feedback to the Trip Leader. We are happy to treat comments as confidential where appropriate. It is inspiring for club members to see pictures and feedback of club trips please post on the club Facebook page.