



HENLEY DRAGONS - VISITOR INDUCTION

YOUR
NAME

CONTACT TEL. NO.

SAFETY BRIEFING AND COMMANDS USED IN THE BOAT

Safety Briefing

On arrival at the club, make yourself known to the session leader who will give you a full safety briefing, a summary of which is below:

- The helm must be obeyed at all times.
- When loading the boat, each member of the crew 'numbers off' starting with the front left paddler (number 1), then front right (number 2) and continues towards the back of the boat finishing with the rear right paddler (number 20 on a full boat).
- In the event of a capsize: As the boat turns over, hold onto the side of the boat to help maintain your orientation. STAY WITH THE BOAT - it will float upside down and provide buoyancy, don't worry if you have lost your paddle. Check your partner is OK. The helm will ask the paddlers to call out their numbers to check that everyone is accounted for. The helm will then instruct the best course of action.

Paddling

The paddle should be held with the hand nearest the side of the boat about 10cms above the top of the paddle blade, the other (inside) hand should be placed on top of the T piece of the paddle. The paddle stroke will be demonstrated but basically consists of *the plant* - inserting the paddle into the water as far foreword as possible, *the pull* - pull back on the paddle until it reaches your mid thigh, and *the recovery* - return back to the start of the stroke. The important factor is timing; aim to hit the water at the same time as all the other paddlers.

Basic Commands from the Helm

- Are you ready - prepare to paddle - bring the paddle forwards to the start position
- Attention - Hold the paddle ready for the plant about 5cms above the water level
- Go - Go!!!
- Back Paddle - get ready to paddle the boat backwards when told to go, taking the timing from the front of the boat.
- Brace the Boat - Place the paddle blades flat on the water and hold them there to increase the boats stability.
- Easy - Stop paddling
- Stop the Boat - hold the paddle firmly in the water to stop the boat as fast as possible.

IN THE CASE OF AN EMERGENCY PLEASE CONTACT:

NAME

RELATION
TO YOU

CONTACT TEL.
NO.

- I have read and understood the Safety Briefing and Commands - *if in doubt please ask for them to be explained*
- I can swim 50 metres in the clothing I am wearing
- I have been supplied with a buoyancy aid to wear in the boat
- I have notified the helm of any medical condition that may affect me whilst in the boat eg asthma, epilepsy, heart problems etc.

SIGNED

DATE