

# Club Rules and Code of Practice

## Club Rules

Members are required to read and familiarise themselves with these rules, and follow them at all times. They are intended for the safety of all Club members and form the basis of the agreement by which members are allowed to use the Club facilities and equipment. In addition to these general rules, specific rules and procedures for the different paddlesport disciplines and locations are set out in the Code of Practice. Copies are available at the club as well as digitally. Members should read and familiarise themselves with this document.

1. Martlet Kayak Club is open to everyone but it is a membership organisation: only paid-up members are entitled to use Club facilities. Only MKC members are covered under the club's insurance.
2. Any member with a disability or a medical condition, which could put them at risk, must declare this condition when joining the Club or as soon as a condition is recognised. Members should ensure the Appointed Person (club opener, coach or group leader) is aware of any relevant disability or medical condition. A medical condition or disability will not necessarily preclude a member from participating but they must discuss with an Appointed Person how their needs can be accommodated safely. Further advice may be sought from a doctor and/or the British Canoe Union.
3. Members must be confident in water/able to swim to a level appropriate to the standard of paddling they are undertaking.
4. Everyone must wear a correctly fitting buoyancy aid on the water at all times.
5. Helmets must be worn whenever there is a risk of a blow to the head. If an Appointed Person deems helmets necessary, members must comply. If a member is unsure, they should wear a helmet.
6. Members may only go afloat with the express permission of an Appointed Person.
7. No one may take boats or equipment away from the Club without the permission of the Equipment Officer or the Committee. Kit should be checked before being taken/used. All members are responsible for informing the Equipment Officer of any broken or faulty equipment. All club kit must be put back in its correct location, and after using it in the sea it must be rinsed.

8. Club members under the age of 18 (juniors) must have an accompanying adult who takes parental responsibility for them when not on the water. Adults with parental responsibility must be in attendance whilst the junior is on the water.
9. Never paddle away from the group and the Appointed Person on the water or leave a session, without the permission of the Appointed Person.
10. Whilst the Club will exercise its Duty of Care towards members on the water, members bear a responsibility for the safety and enjoyment of themselves and those around them. They should not behave recklessly. They
  
11. must abide by the instructions of the Appointed Person. If in doubt about an activity, members will seek advice from the Appointed Person.
12. The club is organised and run by volunteers. Members should aid the successful running of trips/sessions by being prompt, appropriately-equipped and helpful in their actions, and in assisting the Appointed Person where possible and when asked.

## **Code of Practice for MKC Club Sessions**

1. Everyone must sign the chalkboard before going afloat, and rub their name off on return.
2. Care should be taken when crossing the road and Volks Railway line, particularly when carrying boats (when visibility can be limited).
3. Less experienced paddlers (as a rough guide this means paddlers below 3 star standard), must stay within sight on the "Club Beach", unless part of a led group. The Club Beach is approximately defined as the space between Banjo Groyne to the west and the groyne to the immediate east of the club, and between the beach and 200m offshore (approximately to the furthest swim buoy during summer).
4. If you are paddling in deep water or away from sight of the Club beach you should either be able to self-rescue/roll in anger, or you should be in a group capable of deep water rescues.
5. If intending to be out longer than the average club session, you must let the person responsible for locking up the Club know when you will be back. This will avoid them waiting for you or calling out the coastguard.

6. All club members have a responsibility to welcome new members, help show them around or kit them up, or introduce them to the club opener. At busy sessions, more help is required.