



# Safe paddling guidelines

Every paddler **MUST** read the EzyKayaks Safe Paddling guidelines prior to renting a kayak.

**0414 337 246**  
[www.ezykayaks.com.au](http://www.ezykayaks.com.au)



# Safe paddling - general tips

- Wear your life jacket (PFD) at all times.
- Keep clear of ferry wharfs/marinas and ferries/boats pulling out of their berths.
- Paddle close to the shoreline as much as possible, avoid paddling in the busy channel.
- Be aware of busy middle channel under the Singing Bridge.
- Cross channels at right angles and by the shortest distance only when it is safe.
- Give way to all sailing craft and ferries.
- Keep aware of the changing weather conditions.
- If you do not feel confident return to shore.
- Please advise our Shore Crew where you are going to paddle.
- Wear shoes if getting out of your kayak on any beaches - beware of oyster shells.
- Do not separate from your group.
- If you have children paddling singles kayaks with you, remember that you must be within 10 metres of them at all times and keep them in your sight.
- Be honest with your ability.
- Know your limitations.
- Ezykayaks paddling is restricted to the Myall River area **no further north than Tamboy** and **no further south than the river mouth at Corrie Island** - Ask our staff if you do not know where this is.



## **Life jackets**

All paddlers **MUST** wear an appropriate personal flotation device (PFD) whose construction meets or exceeds Australian Standards for PFD Level 50 or PFD Level 50S (previously known as PFD Type 2 and PFD Type 3) at all times while on the water. These are supplied by EzyKayaks.

PFDs should be the correct size for the wearer and be adjusted correctly whilst on the water. A whistle attached to the buoyancy aid for emergency use is recommended to enable a person to attract attention. Rescue PFDs should comply with the previously mentioned standards for PFD Level 50S.

Towing cowtails on PFDs must be quick release.

The PFD must not contain any pocket or other component that may impede paddling, normal rescue practices or exit from craft. It is highly recommended that all PFDs be of a bright colour.

**EZYKAYAKS life jackets meet Australian Standards for PFD Level 50 or PFD Level 50S**

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# Safe paddling

## Sun protection

Paddlers should apply best practice sun protection behaviour. In the case of UV protection, best practice includes:

- Regular use of high protection factor sunscreen on all exposed areas, with reapplication at least every 2 hours (more often when sweating or in spray/wet environments)
- Regular use of a high protection factor lip balm
- Use of a wide brim hat or a style that gives 360° protection. The hat should be tied on. Where helmets are used, liberal, regular use of sunscreen is required. Helmets with visors should be used if available
- Long sleeved shirts with a collar, appropriate to the conditions (rash vests, thermal tops, etc.) should be worn
- In the event that legs are exposed for prolonged periods then liberal, regular use of sunscreen is a minimum. A full length pant, of a fit and material that is safe and comfortable for swimming, is preferable
- Eye protection from solar UV radiation is recommended, particularly in highly reflective environments (the paddling environment). Sunglasses should be chosen for their UV protection.

**Please remember to bring your own sunscreen,  
it is not supplied by EZYKAYAKS**

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## **Keep hydrated**

Adequate food and drink supplies as appropriate for the nature and duration of the activity for all participants should be carried. It is recommended that high-energy foods should be carried, particularly in colder weather.

Participants must carry their own water.

Ezykayak guides are not qualified by virtue of their AC qualifications to determine the suitability of river water for human consumption. The condition of water should be checked with the relevant body and if any concerns exist water should be carried or an acceptable water purification method should be used.

**Please remember to bring your own water,  
it is not supplied by EZYKAYAKS**

## **Paddling with Children**

EzyKayaks are very happy to rent kayaks to adults paddling with children between 3 - 17 years under the following conditions.

Children aged 3 - 5 years are able to be taken kayaking **ONLY** in the Double kayaks (with child seat) with **TWO** adults.

Children aged 6 - 13 years can paddle in any Double kayak with **ONE** other adult.

Children aged 14 - 17 years of age are able to paddle a single kayak or surf ski if there is an adult paddling with them. (The adult **MUST** stay within 10 meters of this child at all times, this includes a Guide)

There **MUST** be **ONE** adult for every **THREE** children paddling in single kayaks. All children will be required to wear a Rating **ONE** PFD (Life jacket).

All adults (over 18 years of age) need to read and sign our Indemnity Form on behalf of the children in their care.



# Safe paddling

## Guides

Ezykayaks Hawks Nest staff are qualified Flatwater Guides certified by Australian canoeing.

Our Guides have been assessed at and are qualified to operate on inland waters such as open lakes and rivers in controlled conditions for inland kayaking and canoeing which include:

- sheltered and calm waters
- minimal wind
- ease of access to shore
- minimal flow of water

Ezykayaks Hawks Nest will conduct a risk analysis of the paddling area will be conducted prior to each activity to determine whether the area/weather is suitable for the number of kayaks and skills of participants.



## FIRST AID

Ezykayaks Hawks Nest Staff hold a current state government regulating body approved first aid qualification.

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## Further paddling information

Australian Canoeing ("AC") is the Peak National Sporting Organisation responsible for the management, coordination, development and promotion of paddle sports in Australia. One of its primary responsibilities is the promotion of safe canoeing practices.

AC is governed by a Board of Directors who are elected by the seven State Association Members of AC.

The Board is advised by an Education and Safety Technical Committee whose powers and authorities are delegated by the Board of Directors. It is the responsibility of all committee members to act within the parameters of these delegated powers and authorities. The Committee was previously known as the Australian Board of Canoe Education.

For further information on this standard or other information on Australian Canoeing, contact:

Australian Canoeing PO Box 6805 Silverwater NSW 2128

Tel: (02) 8116 9727 Fax: (02) 8732 1610

Email: [education@canoe.org.au](mailto:education@canoe.org.au)

[www.canoe.org.au](http://www.canoe.org.au).

