



# Canoeing

Paddle Deep



## Canoeing Safety tips

- TO GET INTO YOUR CANOE: HAVE SOMEONE HOLD THE CANOE STEADY
- CROUCH LOW keep your knees bent and GRAB THE SIDES OF THE CANOE FOR BALANCE
- ALWAYS WALK ALONG THE CENTER
- STAY LOW
- ALWAYS WEAR YOUR LIFE JACKET
- AVOID SUDDEN OR JERKY MOVEMENTS

A yellow canoe is shown on a calm body of water, with its reflection clearly visible. The canoe has a logo that reads "SPORTSPAL TWOSEAS". The background is a dark blue gradient with a curved white line at the top.

## Canoeing Safety tips

- BE AWARE OF THE CURRENTS IN THE WATER
- ALWAYS SIT ON THE SEATS OR IN THE CENTER OF THE CANOE
- STAY AWAY FROM LOW HANGING TREES AND BRANCHES NEAR THE SHORE
- DO NOT CANOE IN BAD WEATHER
- AVOID LETTING BIG WAVES HIT THE SIDE OF YOUR CANOE





## Canoeing Safety tips

- IF YOUR CANOE TIPS OVER: DON'T PANIC STAY WITH YOUR CANOE PADDLE OR PUSH YOUR CANOE TO SHORE
- ALWAYS BRING ALONG EXTRA CLOTHING IN A WATERPROOF CONTAINER
- SURE TO BRING THE PROPER EQUIPMENT: SUN PROTECTION, FIRST AID KIT, FOOD AND WATER, LIFE VESTS, MAP
- TIE ALL YOUR EQUIPMENT TO THE CANOE
- DO NOT LITTER - carry out everything you bring in

# Canoeing Safety tips

Video: 7 Canoe Safety Tips Every Paddler Should Know





# Canoeing

- Basics of canoeing
- Paddling with kids
- Canoeing excursions for outdoor education
- Consideration for others
- Avoid the spread of invasive non-native species
- Responsibility for actions while canoeing
- Environmental aspects
- Reducing Our Environmental Impact When Kayaking
- Canoe and the marine environment
- Deployment Guidance for Instructors, Coaches and Leaders

# Basics of canoeing

Short video showing basic instructions on how to use paddles (video)





# Paddling with kids

Tips for canoeing with kids to keep trips fun and safe (video)

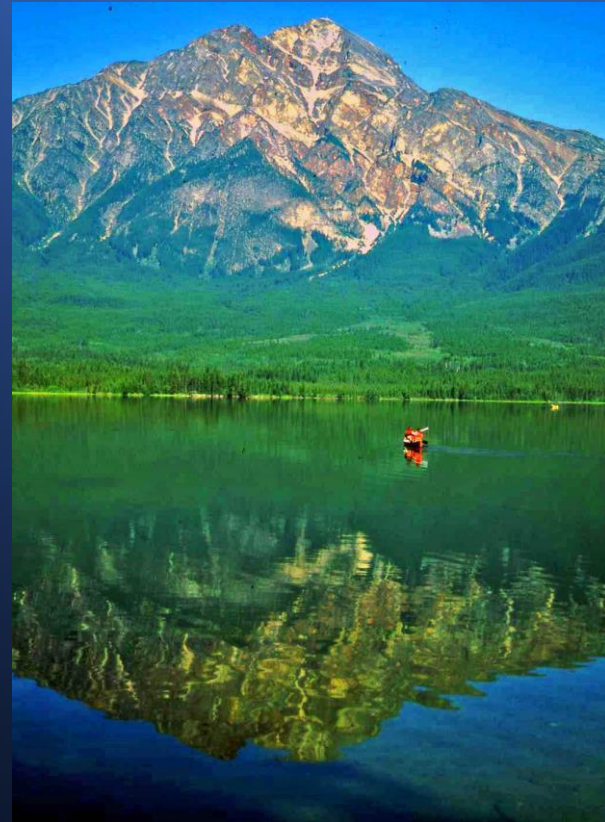






# Canoeing excursions for outdoor education

Definitions,  
Environment,  
Activities, People  
Risks, Resources in a  
nutshell ([link](#))





## Consideration for others

### *On Land*

- **Stay away from houses and private gardens**
- **Change discreetly, using public facilities if possible**
- **Do not obstruct roads or entrances to building or properties when you park your car**
- **Ensure your kit does not cause obstruction when unloaded**
- **Avoid damage to fences and walls**

A yellow canoe is positioned on the right side of the image, floating on a calm, blue body of water. The water's surface is perfectly still, creating a clear reflection of the canoe and the surrounding environment. The canoe has some text on its side, including "SPORTSPAL" and "TWSIHOGE". The background shows a blurred shoreline with green foliage. The overall scene is peaceful and serene.

## Consideration for others

### *On Water*

- **Follow the general rules of navigation issued by authorities. Arrange for any necessary licenses or other payments**
- **Respect and do not obstruct other water users**
- **Keep a look out and be aware that larger vessels may not see you and are less manoeuvrable**
- **When aiding those in need, on or off the water, do not put yourself or fellow canoeists at risk**



A yellow canoe is positioned on the right side of the image, floating on a calm body of water. The water's surface is dark blue and reflects the surrounding greenery and sky. The canoe has a logo on its side that reads "SPORTSPAL" and "TWOSEAS". The background features a curved blue gradient at the top left, suggesting a sky or a stylized background element.

## Consideration for others

### *Anglers*

- **Keep a look out for anglers whilst paddling, anglers can be hard to spot on banks**
- **Co-operate to avoid lines, nets and swims**
- **If it is unclear where to pass lines or swims, then quietly attract the attention of the angler and agree a route to follow**
- **When an angler is playing a fish from the bank or wading, stop some way off and await their acknowledgement to proceed**



# Avoid the spread of invasive non-native species

- Check, Clean and Dry canoes & wet equipment after use
- Check your equipment and clothing for live organisms, plant fragments
- Clean and wash all equipment, footwear and clothing thoroughly.
- If you come across any organisms, leave them where you found them.
- Dry all equipment and clothing - some species can
- live for up to 16 days in moist conditions
- Make sure you don't transfer water elsewhere.



## Responsibility for actions while canoeing

Outdoors activities are ideal for education, sport and recreation, and natural environment needs to be treated with respect.

- Be aware of information/hazards for your chosen journey and ensure you are confident in the ability of your party to cope with the expected conditions
- Take account of water flows, levels, weather and forecasted conditions





## Responsibility for actions while canoeing

- **Leave details of your trip with a responsible person and advise a safe arrival**
- **Ensure your equipment is in good condition and use and wear it correctly**
- **Be aware of health, water quality and other safety information**



## Environmental aspects

Canoe is a traditional craft used throughout the world for exploring wilderness areas and observing wildlife and flora.

Canoe causes no erosion, noise or pollution and leaves no trace of its passing.

Canoeing at appropriate water levels is an environmentally benign activity and causes no damage to fish stocks

By following some simple steps you can ensure your presence is not detrimental to the freshwater and marine environment, to minimize and avoid disturbing wildlife and habitats.

A yellow canoe is shown on a calm river, with its reflection clearly visible in the water. The canoe has some text on its side, including "SPORTSPAL" and "TWSIHOGE". The background shows a blue sky and green trees reflected in the water.

## Environmental aspects

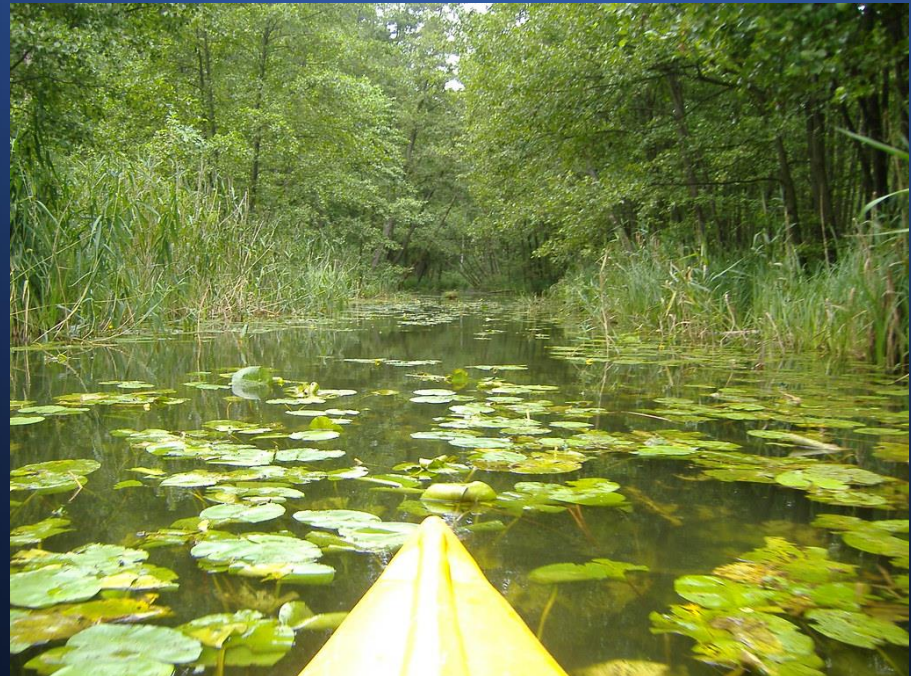
- Take your litter home with you to leave no trace of your visit
- Leave the environment as you found it
- Make minimum noise
- Constantly assess wildlife: if you see disturbance signs move away quickly
- On rivers, avoid paddling over gravel banks in low water conditions as they may contain fish spawn
- On marine waters take care on stony beaches as they may be nesting grounds
- Keep a safe distance away from wildlife to avoid causing disturbance and stress
- Report pollution, incidents, damage and invasive species to the relevant authorities





# Reducing Our Environmental Impact When Kayaking

[Link: 10 ways to minimise the impact of your kayak adventure on the environment](#)





## Canoe and the marine environment

**Do you know at what time of year you should take care not to disturb the seals?**

**The disturbance we cause is minimal, but we should not be complacent and should strive to learn more about the sea, developing skills and senses that ensure the natural heritage of the sea does not suffer from our visits.**



## Canoe and the marine environment

- Be aware of weather conditions and water temperature. Prepare for changes in weather and the possibility of a capsizing.
- Beware of off-shore winds that make it difficult to return to shore
- Seek qualified instruction to learn proper paddling techniques, water safety and Most importantly, **WEAR YOUR PERSONAL FLOATATION DEVICE**
- Tell someone your paddle plan. Then stick to your plan.
- When paddling in a new area, check with the locals regarding currents, shoreline conditions and weather patterns. Plan an "escape" route - an alternative place to get off the water should environmental conditions dictate it



# Deployment Guidance for Instructors, Coaches and Leaders

[Guidance for Instructors,  
Coaches and Leaders to  
become more experienced  
over time \(link\)](#)







## References

- ✓ <https://www.eekwi.org/engage/outdoor-safety/canoe-safety-tips>
- ✓ <https://50campfires.com/7-canoe-safety-tips-every-paddler-should-know/>
- ✓ [www.canoescotland.com](http://www.canoescotland.com)
- ✓ [www.cani.org.uk](http://www.cani.org.uk)
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- ✓ [www.britishcanoeing.org.uk](http://www.britishcanoeing.org.uk)
- ✓ <https://www.britishcanoeingawarding.org.uk/download/331/>
- ✓ <https://www.youtube.com/channel/UCAZ9mAx3rrqOi4fd0uRkEGA>  
(Paddle TV)
- ✓ <https://www.oceankayak.com/blog/article/basic-safety-tips-kayaking>