



# ADCKC COLD WATER SAFETY

The following checklist is a guide provided to the ADCKC member clubs as a quick reference to the ADCKC safety policies. The full description can be found at [www.adckc.ca](http://www.adckc.ca). It is expected that club members, coaches and volunteers follow these policies at all times.

- Cold-water conditions, defined as water temperature at or below 8 Celsius, require extended safety precautions.
- ALL paddlers must wear an approved PFD while on water in training, or participating in the programs of the ADCKC or its member clubs.
- ALL coaches must wear an approved PFD while on the water.
- ALL safety/coaches boats must carry an approved PFD for all of the members of the largest boat on the water along with the boat's own safety gear.
- NO coaches or athletes are to be on the water 30 minutes prior to sunrise and/or 30 minutes after sunset without the proper lighting equipment.
- EVERYONE 18 years old and younger must have a coach/safety boat with them at all times.
- There must be a path clear of open water from docks prior to paddling.

*Since 1956, the ADCKC has supported paddle sport and our member clubs in Atlantic Canada.*



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