

Appendix 1

Checklist for Paddle Leaders to use when proposing a Club Activity

Appendix 7 on the club website will help prospective paddlers decide whether they have the skills/fitness for the proposed activity.

Activity Details:-

Date(s) of Activity: Activity leader/s: Activity leader's coaching/leadership remit :
Activity/trip description: Grade/difficulty of activity: Expected conditions (weather, temp, sun): Max places available:
Possible location/s or area : Meet-up location (final activity discussion/decisions and kit checks done here): Because conditions can change at any point, the final decision rests with the Paddle Leader as to whether the activity has to be modified, participation declined or completely cancelled for safety/operational reasons. In the event of cancellation the Paddle Leader must ensure that all participants fully understand the reasons for the cancellation.