



Norwich Canoe Club (NCC)

Rules & Operating Procedures Reviewed March 2024

Norwich Canoe Club is affiliated to Paddle UK .

1.1. Canoeing is a “Water contact sport” and is an “Assumed risk” activity as are the other associated activities of Norwich Canoe Club (the Club) such as running and gym training, which carry attendant risk. Club Members and people with Parental/legal responsibility for a Club Member should be aware of and accept these risks and accept responsibility for their actions and involvement.

1.2. To the extent permitted by applicable laws, the Club accept no liability for any direct, indirect, incidental, special or consequential loss or damage to anybody (whether arising in contract, tort including negligence or otherwise) arising out of or in connection with any of its activities except for personal injury or death of any person caused by negligence.

1.3. The Club minimises risk by safety management. It reserves the right to cancel or modify any activity if it feels that this is required due to the level of any form of risk.

1.4. All Club Members ideally will be able to swim 50m in the clothing they wear for canoeing/ kayaking. Exceptions to this can be made but only via a water competency assessment by a qualified club coach. Members must identify to the coaches on every session if they are unable to swim 50m competently. Anyone unable to swim 50m in the clothing they would usually paddle with must wear a buoyancy aid regardless of Marathon Division ranking.

1.6. The Club and its Members will be bound by the Club Constitution.

1.7. All Members will follow the rules of any event where they are representing the Club.

1.8. All Members are expected to give up at least one day annually to assist in the maintenance and running of the Club. They (or in the case of a junior their Parent/Carer) should also participate in the Kitchen rota which enables us to subsidise membership.

1.9. It is the responsibility of all Club Members to ensure safe closure of the Club and any adjoining areas.

1.10. The Club will maintain a common format database of Members details, documents Rules & Policies, letterheads etc. that may only be amended after consideration by the Committee.

1.11. The Club will ensure that all qualified coaches and volunteers who have been identified as responsible by the committee who will be responsible for children and vulnerable people will hold an Enhanced DBS certificate. The club renews these 3 yearly.

1.12. The Club recognise from time to time that non-members such as Parents, Carers and Friends of Members may offer to help with Club activities, however they must be supervised at all times by a Club Coach/Volunteer (who holds a current DBS certificate).

2. HEALTH & SAFETY GENERAL

2.1. The Club will endeavor to provide a safe and healthy environment in which to pursue the sport of canoeing and associated activities and will form policies and procedures for all aspects of the Club's health and safety operation.

2.2. The Club will follow guidelines as recommended by the Governing Body, Paddle UK. The club will ensure that safe systems of work are employed by maintaining up-to-date risk assessments.

2.3. Club Members will follow the rules of the waterways they are paddling on.

2.4. Concerns, Accidents and Incidents or Near Misses should be logged online via the website, these will be investigated by the H & S representative of the club and a report sent to Paddle UK if necessary.

2.5. Reports logged about Accident/Near-Misses will be considered by the Committee at the first available meeting where the Health and Safety Officer deems it appropriate.

2.6. A First Aid Box will be available and prominently displayed in the Club House. This will be checked on a regular basis and a record of the contents and the date of each check will be maintained.

2.7. Dry bags containing small first aid kits can be carried in a boat during sessions, and will be hung visibly in the clubhouse available to all group leaders.

2.8. Three throw lines will be hung up in the clubhouse in a visible position and available to any group leaders wanting to take one with them in a boat or for use in an emergency situation.

2.9. Level 3, Level 2 Coach Award, Racing Coach Award and all Club Coaches will hold up-to-date Paddle UK qualifications, which includes current First Aid certificates, current Enhanced DBS check, current Safeguarding and current Paddle UK membership.

Old Level 1 coaches will hold up to date Paddle UK qualifications and a current enhanced DBS check.

Paddlesport Instructor qualified coaches will hold Enhanced DBS checks, Basic Safeguarding and safety and rescue training.

2.10. There will be on-going capsizes and rescue training for all members during sessions when accidental capsizes occur.

2.11. Fire safety is the responsibility of Whitlingham Boat Houses who provide a suitable and sufficient risk assessment which is carried out in accordance with the Regulatory Reform order (fire safety) 2005

2.12. A prominently displayed notice will give non-members, visitors and guests a simple means to familiarise themselves with the basic Club Rules and Operating Procedures.

2.13. The Club will adopt Paddle UK Codes of Conduct to encourage sound and safe practice in the Club's activities.

2.14. Tuition during the Club Courses or Introductory/Taster sessions will be under the instruction of appropriately qualified Club Coaches who may be supported by Club Members. The courses must be run in line with Paddle UK recommended ratios and coaching guidelines.

2.15. Members should paddle in appropriate clothing and should consider high visibility clothing on particularly overcast days. During the winter months paddlers should wear several layers to protect against the cold. Paddlers that prefer to wear few or only one layer should take additional clothing in their boat in an emergency drybag in case of capsize. Remember even the most experienced capsize from time to time. If you are asked to wear additional layers by the responsible person on the day you must either comply with this request or take additional layers in a drybag in your boat during the session.

2.16. Juniors are not allowed in the building unsupervised.

3. OPERATIONAL PROCEDURE

3.1. The Club Training Sessions will be organised by a Coach. This person takes responsibility for the session.

3.2. The Coach will write all the names of those paddling in that session up on a chalkboard or oversee that this is done in a clear and appropriate way.

3.3. The Coach will split the group into smaller groups if this is deemed necessary for the session to run successfully. The groups will take into consideration paddlers ability, weather conditions and any other factors which need to be considered.

Not all smaller groups will have a qualified coach with them refer to 3.4

3.4. When there are multiple groups those within the group must be individually

competent and take responsibility for themselves within the group. No group that is solely juniors may paddle without a competent adult.

3.5. The stretch of water each group will be using will be written up on the chalkboard.

3.6. A briefing will be given by the Coach before each session outlining details of the session and any other Health and Safety issues that may apply particularly to that session as a result of the dynamic risk assessment.

3.7. The opportunity for Club Members or Guests to take part in Club Training Sessions will be at the discretion of the Coach.

3.8. Details of the Club Training Sessions will be found in the monthly programme posted online.

3.9. Each paddler is individually responsible for removing their name from the chalkboard on their return. They should not remove anyone else's name. Any paddler who fails to record or remove their name on a regular basis may be brought before the committee to explain their behavior and this will be treated as a serious breach of the Club's operating procedure.

3.10. Tampering or improper removal of the information on the Chalkboard will be deemed as misconduct.

3.11 This policy should be read in conjunction with Paddling

outside of club sessions.

3.12 Members are expected to be aware of and read the risk

assessments that are provided by the club and are on the

website.

Club Sessions.

4. RISK ASSESSMENTS

4.1. There will be a formal and continuous generic risk assessment of all Club activities carried out by the Club Health and Safety Officer that will include all areas of water used by the club and these Risk Assessment will be displayed prominently in the clubhouse.

4.2. The Committee will be advised of any issues causing concern that arise during these risk assessments by the Club Health and Safety Officer and they will adopt the

safest methods for undertaking the Club's activities.

4.3. A dynamic risk assessment will be carried out for each session by the Director of Coaching or designated Lead Coach both before and continuously throughout each session, and sessions may be cancelled or changed as deemed necessary by these coaches at any time.

4.4. The Director of Coaching or designated Lead Coach is encouraged to consult with all available Paddle UK qualified coaching staff if they feel unusual conditions or the situation requires a breadth of input to make a sensible judgment. They are encouraged to do this both before and during any session and particularly where unusual conditions or the situation requires unusually careful management.

4.5. All sessions will be conducted at the discretion of the Director of Coaching or Delegated Lead Coach.

4.6. This discretion allows the Coach responsible for the Training Sessions to assess safety, weather conditions, the ability of the Paddlers and other factors such as other craft on the water and to conduct sessions accordingly.

4.7. All decisions concerning Health and Safety are the responsibility of the Health and Safety Officer and qualified coaches and designated river leaders. Non-qualified staff do not have any jurisdiction in making any Health and Safety decisions concerning paddler safety as this could be dangerous.

4.8. Members are to be encouraged to warm up before all sessions as a means of preventing injury and improving mental awareness.

5. BUOYANCY AND BUOYANCY AIDS

5.1. The Club recommends that all Paddlers wear a buoyancy aid whilst on the water.

5.2. Junior Members (under 18 years old) ranked Marathon Division 6 and below must wear Buoyancy Aid whilst on the water unless the Director of Coaching or Coach in Charge views that they have the level of competence so that the risk of capsizing is low and the Parent/ Person legally responsible for the Junior has given their consent using the Club Buoyancy Aid Exemption form.

5.3. Club Coaches responsible for junior members may exercise the right to insist on them wearing Buoyancy Aids.

5.4. All Members ranked in Marathon Racing Division 7 & below must wear a buoyancy aid whilst on the water.

5.5. All Members including Club Coaches will wear a buoyancy aid during the Club beginner courses and or any taster/introductory sessions.

5.6. All boats (the Club's and those privately owned by members) must have

sufficient buoyancy in them to keep the boat afloat and be able to support the Paddler in the event of a capsize

6. PADDLING AT NIGHT

6.1. All boats on the water in the dark must display a white bow light and a red stern light or an all-round white light.

6.2. Groups paddling at night must take appropriate safety equipment with them.

7. EMERGENCY CUPBOARD

7.1. An Emergency Cupboard located in the boat shed will be locked with a combination lock to comply with data protection and the code will only be known to coaches and responsible adults. This cupboard contains:

- Spare glasses or magnifying glass (KEEP OUTSIDE THE CUPBOARD)
- Torch

* Contact details for all members, parents or carers are kept in the upstairs office locked cupboard along with a list of medical details of those people who have declared a medical condition on their membership forms. The code for the office is kept in the Boat Shed cupboard.

7.2. The Health and Safety Officer or a person appointed by the committee will check the charge on the mobile phone, torch and other items in the cupboard weekly and keep a dated record in the cupboard of all checks carried out.

8.FINANCIAL

8.1. All Members are required to pay the relevant membership and boat storage fees, according to the appropriate membership type, complete with membership application/ renewal form, to the Club Membership Secretary. Payment is due (or standing order started) by 1st March each year.

8.2. If you do not set up a standing order in January over 12 months you can liaise with our treasurer about setting up a standing order over 10 months. If it is not set up before the end of Feb when payments are due you will need to pay the full annual amount.

8.3. If anybody cannot pay their fees or would like payment terms they can make an appeal to the Bursary Committee. The Bursary Committee will endeavour to seek mutually agreeable terms for membership and boat storage fees and will consider each case on its individual merits.

8.4. Guests may be asked to pay a nominal per capita attendance fee, though this can be waived in circumstances approved by the Committee.

9. INSURANCE

9.1. The Club is affiliated to the National Governing Body and as such is covered by their third party insurance policy, which encompasses all of the Club's activities as long as each activity has a risk assessment displayed in the clubhouse.

9.2. The Club's Boats, Paddles and other equipment are insured through the Club. It is the responsibility of individual Members to ensure their own personal equipment is insured.

10. EQUIPMENT

10.1. Individuals are not to use other Members' equipment or school equipment without first gaining the specific permission of the individual or from a senior representative of the school.

10.2. Club boats and equipment can only be used with the consent of a Club Coach.

10.3. Any damage or defect with boats or equipment must be reported to the Club Boatman (boats are tagged to show they need attention).

10.4. The Club Boatman will report Equipment Status, Damage and Maintenance to the Committee.

10.5. 1x boat rack space comes with yearly full membership. All racks will be labeled with members names and on 1st March yearly any members who have not paid will have their boat racking reallocated. If a member pays after the 1st March they may have already lost their usual space.

10.6. There is no second K1 rack space for members. If you feel, for your training needs you need a second rack you need to write to the Senior Coaches by the end of January explaining why you need it and a charge of £100 is payable by the end of February if your request is granted. If this is not paid no extra K1 boat racking will be considered for the year. New second boats must have racking agreed before they are delivered to the club.

10.7 Members K2 Racking if a member has a K2 they wish to store at the club as well as a K1, only one boat is included in the membership fee. The club recognises the benefit of K2's and therefore a significantly reduced fee of £30 yearly is payable for a second boat.

10.8 People can not pay to store their boats with Norwich Canoe Club, boat storage is offered as part of membership and only fully paid up members can store boats in the boat shed.

10.9 In recognition of the extremely valuable contribution our volunteer coaches make, if you are a volunteer and coach regularly at the club x2 per month you can, with permission, store a second K1 in the boat house free of charge. It should be recognised however that it would be assumed that this coaching boat would be

different from the training K1 for example more stable. Coaches may also store free of charge a K2 in the boathouse if the K2 is used by the owner in a coaching situation on a regular basis for example x1 per month.

11. DAMAGE TO PROPERTY

11.1. Any act of malicious damage to club property and equipment, or to Club Members' property by a Club Member shall be dealt with by the Club Committee after an enquiry. The person causing the damage will be required to pay for the damage in full and may be suspended from Club activities.

11.2. Any Member responsible for any accidental damage may be held responsible for the cost of repair as decided by the Club Committee.

11.3. The Club Committee shall take all reasonable steps to investigate instances of Malicious or Accidental Damage, including interviewing any individual implicated, before deciding on action to be taken. An implicated Junior Member or Person in another legal care shall be allowed to have a Parent/Carer or another adult Member present to act as a 'friend' during any interview.

12. CONDUCT

12.1. Any Club Member violating any of the Rules, Operating Procedures and Policies of the Club or being adjudged guilty of unsatisfactory conduct, after investigation may, have sanctions applied which in extreme cases could include suspension or expulsion by a trustee.. In the first instance all complaints or incidents and investigations of this type will be overseen by the Vice Chair and the Welfare officers involving others as is necessary to complete the investigation.. Any Club Member that wishes to appeal any sanction applied can do so in writing to the Club Chair.

Policy Review Date	March 2024
Policy Owner	Chair
Policy Reviewed by	Sarah Walker - Chair NCC
Policy circulation and ratification	Norwich Canoe Club Committee
Policy Ratification date	April 2024 Committee meeting
Next policy review dte	March 2027 or before if material changes via Paddles UK or Norwich Canoe Club changes to policy.

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