



Health & Safety Memo

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Subject: Winter Training - Clothing and Equipment

Winter is here again yet you wouldn't think it how some people turn up to go out to paddle or run!

Keeping Warm

It is absolutely crucial that you have enough clothing (kit) on to keep warm and the clothing is suitable for your activity. Avoid cottons and single thick layers, a good thermal man made fiber base layer (don't forget your legs) is the answer, complimented by layers of man made fibre clothing (like your club colours) and capped off with the appropriate outer shell and a hat.

If you get too warm you can always take it off, if you're too cold you're stuck!

Where do I get Kit?

There are several manufactures of base layers and further layers of kit to accompany these, with those made by Craft and Helly Hansen being popular with paddlers, these are available from various companies on the web like Craft and Wiggle or some Outdoor shops like Millets.

There is also club kit available (see Rob Kilbourn or Dyson Pendle). The club does own outer shells in the form of 'cags', if there's one there use it remember you can always take it off!

What else do I need?

If you're running you need the appropriate foot wear. There are specialist Running Shops like the Running Centre and they will look at your feet and sell you exactly what you need.

Plenty of other Shops sell Running Shoes just make sure you get something that fits and is designed for running not for fashion!

If you're running in the dark a Hi Viz vest is a must, the club does own some of these but you may want to buy you own and there are other accessories like armbands with lights that will only make you more visible.

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**And there's more**

You may have seen other club members with strange mits on their paddle strange covers on the decks of their boats. The first items are 'Pogies' these velcro onto your paddles and your hands slip into them, these are essential in the winter. If you see Ali Pendle she will sell you some at a very reasonable price

The second item is a spray deck these have an elastic hem and clip onto the boat's cockpit rim and then generally zip up in the centre keeping water out of the boat and your legs warm and dry. Again these are available from Ali.

Remember to have plenty of warm kit to change into after you have trained and don't forget to drink and eat to replenish your energy stocks and help you recover.

Last but certainly not least

Don't forget your buoyancy aid and whistle! Ultimately it is up to you to ensure you are properly equipped and safe, the club does have some equipment but it is best to have your own.

Dean Grady
Health and Safety Officer
Norwich Canoe Club

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