



Health & Safety Memo

Date of issue: 3rd July 2009

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Subject: Health and Safety

To Whom: All Members

What a fantastic summer we are having and I don't want to dampen anybody's summer spirits but I would just like to remind everybody that 'safety first' should not be forgotten just because the weather is nice. Below I have summarised some of the things, which should be considered and some hopefully helpful reminders:

- **Have I got my medication** – If you have medication, which should be carried with you i.e. EpiPens or inhalers then make sure that you have it with you, even on the water, if you think you may lose it ask a coach or somebody with a pocket to carry it for you, but remember to get it back!
- **What is the weather like?** – Make sure you have something to drink with you and you are suitably dressed and protected against the sun. The same goes for the warm weather as the cold 'better to have it and not need it than the other way round'.
- **Buoyancy aids and whistles** – The water can be warmer at this time of year however it can also still be cold and there tends to be more weed about this time of year also, we don't want you to be scared just to be aware of the potential hazards. Please if you are meant to wear a buoyancy aid don't just stop because it is warm.
- **Who is in my group?** – Sometimes there can be a broad range of ability in the groups and if you think you may struggle a little don't be afraid to run a crew boat or perhaps go in another group if possible. Also if you have been told to get ahead on the efforts try to do this and don't worry as in time you will get faster. Remember if you do want to get off the water to ask the coach.

Norwich Canoe Club

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- **General Safety** – If you need help with anything or are unsure ask, if you need help accessing the boat and equipment or lifting it please ask! If you need to use the steps get another person the steady them.

Ensure you know what the session involves, where the start is and what the course is before you get on the water and don't forget buoyancy aids and whistles.

There are concerns about Leptospirosis and Weil's disease, which can be caught if water is infected but the prevention is very effect:

- cover cuts and abrasions with waterproof plasters (this is good practice anyway)
- always wear footwear to avoid cutting the feet (again good practice anyway)
- shower soon after canoeing
- If in doubt (as with any suspected illness or condition) seek medical assistance

Generally speaking the best person for looking after your health and safety is you and for those that need assistance let's please look out for them.

A handwritten signature in black ink that reads "Dean Grady". The signature is written in a cursive, flowing style.

Dean Grady
Health and Safety Officer
Norwich Canoe Club

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