



Health & Safety Memo

Date of issue: May 21st 2010

Number: 10 03

Subject: Warm Weather Paddling

To Whom: All Members.

Hello everybody

Well at last we are having some warmer weather, however the hot weather does have the potential to cause us problems but by taking some simple measures we can all make sure that it doesn't:

- Wear a hat to protect your head
- Wear the appropriate sun block (remember to apply this before you get to the Club so you don't get slippery hands and it doesn't run into your eyes)
- Stay hydrated, bring a bottle or Camelbak with drink in it and don't forget to actually drink from it! Also drink plenty of fluids before and after training.

If anybody has any questions about this memo or Health and Safety in general please do ask.

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