

ATU's Kayaking/Canoeing Club works alongside Canoeing Ireland and follows the recommendations set in place to become a safer paddler.

Recommendations

- Be proficient in rescue techniques appropriate for the activity being undertaken and practice these techniques regularly. Learn to recognize hazards on the water.
- You can improve your safety on the water by attending an accredited safety and rescue training course.
- Assist anyone you see who is getting into or already in trouble.
- Be aware that conditions change and new hazards can occur between trips. Be continually aware of the hazards associated with the environment in which you are paddling.
- Think carefully about the suitability of your kayak / canoe for the particular conditions you are paddling. Know the design strengths and limitations of your kayak / canoe.
- Check river flows and weather forecasts and be prepared to change plans when taken into consideration the following;

Wind speed

Wind direction especially offshore winds

Tides

Tidal flows

Temperature

Rainfall

- Water levels and any moving water inland or Coastal
- Avoid injury by stretching, warming up, staying fit and developing good paddling techniques.
- Riverestuaries can look placid but may be subject to strong rip currents extending considerable distance out to sea. Local knowledge should be sought and caution exercised against hazards caused by rapid "drying out" of mud flats which may cause difficulties.
- White Water Rivers are generally graded at medium levels. By their very nature, such grading systems are subjective and may change suddenly with fluctuating river levels.
- Careful consideration should be given to the dangers associated with polluted or contaminated water and be aware of the dangers of Blue/Green Algae and the causes and early symptoms of Weil's Disease