

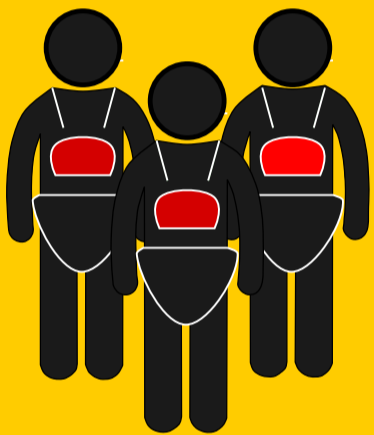
# **GOLDEN RULES** *of Kayaking*

Staying safe on the water is all our responsibility.



## **BE ABLE TO SWIM**

You should be able to swim at least 25m while wearing a buoyancy aid.



## **NEVER PADDLE ALONE**

It is recommended to paddle in a group of minimum three people. *Less than 3 shall never be.*



## **ALWAYS WEAR BUOYANCY**

Always wear an approved buoyancy aid and ensure your boat has sufficient buoyancy to float when capsized. A buoyancy aid is required under Irish law.



## **WEAR A HELMET**

It is a SKC club rule to always wear a helmet during club run activities.