

An illustration of two scouts in a rowing boat on a lake. The boat is yellow and has a large white sail. The scouts are wearing orange and yellow jackets and are rowing. The water is blue with white waves. The background is a light blue sky with white clouds. Two yellow triangles point towards the center of the page.

# BOATING GUIDELINES

**SCOUT:** The term Scout refers to members of all sections of the movement, including Scouters. The terms 'boats' and 'boating' refers to oars, power, sail etc. not windsurfing or canoeing, except where otherwise made clear.

These guidelines are intended to facilitate Scouts and scouters going afloat safely.

## Section 1; Scouter in charge

1. Scouter's Responsibility: Before allowing a SCOUT to take part in any boating activity the Scouter-in Charge should consider the age, experience and reliability of the Scout and the ability and experience of her/himself or any other person in charge of any part of the activity.

2. The Scouter should always take whatever precautions a prudent parent would observe for the safety of his/her own children. It is recommended that a risk assessment be carried out prior to each activity.

3. It is recommended that a record be made prior to any activity in an activity log. Recording the following info – Person in charge, crew, equipment used, weather forecast, departure time, ETA and tide.

4. Charge Certificates: Any person in charge of a boat should hold a Charge Certificate for the type of boat and area in question, and are issued by the Sea Scouting Team. Certificates are available for rowing, sailing and power craft, in different categories of water. (For details see the Sea Scout Leaders Handbook). When a craft is in the charge of a person not a member of the Scout or Guide Movement of Ireland, a Charge Certificate will not be required. However, it is the responsibility of the Scouter in Charge to satisfy him/herself that such a person has the necessary knowledge, skill and experience before allowing Scouts to sail with him/her.

5. Swimming: NO SCOUT may undertake boating activities unless they have taken a swim test. Scouts/Ventures/Rovers should be able to swim at least 50m. in shirt, shorts and footwear suitable for boating and thereafter remain afloat for 2 minutes.

Cubs should be able to swim at least 20m in shirt, shorts and footwear suitable for boating and thereafter remain afloat for 2 minutes.

Beavers should be able to swim at least 10m in shirt, shorts and footwear suitable for boating and thereafter remain afloat for 2 minutes.

This test should take place in the normal boating waters for the group.

## Section 2; Safe Craft

1. Boat Certificates/Insurance:

(a) Any boat owned by, or on long term loan to a Scout Group should be covered by a Boat Certificate issued by the Sea Scouting Team, (see the Sea Scout Leaders Handbook). These are valid until 31st March after the date of issue. Boats should then be re-examined before further activities are undertaken. (Note - this is the Boat Certificate duration and is not related to the season of use - check the Boat Insurance policy for the Season and Lay-up periods). Certificates are issued by the Sea Scouting Team on the recommendation of examiners appointed by the Sea Scouting Team.

In respect of Boats other than the above, the Scouter should satisfy him/herself, by direct examination or by seeking advice, for example from a Boat Examiner, that the boat is seaworthy for the purpose for which it is to be used. In all cases the Scouter should ensure that the Boat carries the necessary equipment, that it is adequate for the activity, that it is not overloaded and that it is stowed so as not to hinder its free working.

(b) Insurance: It is prudent that any vessel carry a suitable Marine Insurance policy, particularly as it concerns 3rd party liability. If the vessel is not owned by a scout group the boat's insurance should also be checked.

(c) Groups are encouraged to have appropriate craft examined by the RNLI Sea Check Scheme.

(d) High speed craft and craft with outboard engines over 20 hp must be individually notified to your insurance company. The towing of water toys/skis/ wakeboards , etc. are all subject to additional insurance advice.

(e) Trailers owned and used by the Group must have their own insurance policy. The Leader in charge must check the regulations/law for using a trailer on the road. All trailers require lights and safety chain. A 4WD vehicle may be required to tow in some cases. Trailers must not be overloaded to exceed the permitted towing or axle weights. Bearings should be checked before long trips, and a spare wheel and toolkit carried. Ensure that anyone towing the trailer has adequate insurance for the vehicle and holds the appropriate driving licence. The ultimate responsibility lies with the owner/driver of the vehicle that any load is safe and legal.

### Section 3: Safe Waters

1. Classifications of Waters: Boating waters are divided into 5 different categories and this classification is closely linked with the Charge Certificate System.

In general Restricted waters lie within 3 NM of the normal base of operations for the group, up to 1.5NM offshore but excluded more dangerous inshore waters. Most of the inland lakes and navigations fall into this category. The Department of the Marine “smooth waters” is consistent with Restricted Waters.

Day Cruising waters lie within 15 NM of the normal base of operations for the group, up to 3NM offshore but excluding more dangerous inshore waters.

a) Enclosed Safe Waters — suitable for basic instruction and practice. Limits of the area are to be laid down by the Scouter in Charge and should lie within the ordinary ‘Restricted Waters’ of the ‘Group’. The levels of proficiency required for these waters are the responsibility of the local Group.

b) Restricted Waters — suitable for more advanced instruction and practice. Limits of the area are laid down for each Group by or for the Programme Commissioner, Sea Scouting, in consultation with the Group and local experts. Scouts should not boat outside this area without an appropriately qualified adult leader. An Intermediate Charge Certificate is required here.

c) Day Cruising Waters — suitable for day cruises and expeditions, requiring an Advanced Charge Certificate or ISA/RYA Day Skipper Certificate. Taking charge of a group of craft in ‘Day Cruising Waters’ requires an Instructor’s Rating or ISA/RYA Coastal Certificate.

d) Coastal — requires ISA/RYA Yachtmaster Coastal Certificate.

e) Offshore — requires ISA/RYA Yachtmaster Offshore Certificate.

See Appendices for a list of established water classifications for established groups.

### Section 4: Going Afloat

1. All persons in charge of boating should know and understand these boating guidelines, and also any rules, guidelines or warnings issued by local authorities or by the Programme Commissioner, Sea Scouting or by a local Scout Group, relating to the waters concerned.

2. All persons in charge must consider the weather conditions and sea state, existing and forecast before undertaking any activity afloat.

3. All persons in charge of boating should inform themselves of the details of tides, currents, hazards and dangers that may be found in the area concerned.

No scout may undertake boating activities unless they have successfully taken a swim test.

4. Dangerous clothing: Knee or thigh boots or other dangerous clothing should not be worn in boats.

5. On all Sea Scout activities afloat, including rowing regattas and races, a personal flotation device (life jacket or buoyancy aid, depending on the activity or waters in question) should be worn by each person afloat. In fully decked sailing or motor craft, the person in charge of the craft may allow jackets to be removed when appropriate, e.g. when below deck or in a protected cockpit in calm weather, or when tied alongside or at anchor.

NOTES on Personal Flotation Devices -

(i) Personal Flotation Devices (Life jackets or Buoyancy Aids) should conform to CE specifications. (For details see the website for latest guidelines and safety documentation).

(ii) For most ordinary Sea Scout activities, 100N jackets are the most suitable. For activities in sheltered inland waterways, or in safe enclosed inshore waters with close support (including safety craft) and supervision - e.g. dinghy training, sailing and rowing regattas, and such events, 50N jackets may be used. It is highly recommended that PFD’s (both Lifejackets and Bouyancy Aids) are fitted with a whistle and retro reflective strips

(iii) Personal Flotation Devices should be checked regularly for general condition, straps, lacing and fastenings, as well as whistle and retroreflective strips. If used, also check that lights, gas and automatic inflation devices are regularly serviced and inspected.

(iv) The Scouter in Charge should ensure that lifejackets / buoyancy aids are worn and

securely fastened. Check and use leg straps if appropriate for the PFD concerned.

(v) The Merchant Shipping (Mechanically Propelled Pleasure Craft) (Safety) Regulations, 2001, published in Statutory Instrument No. 284 of 2001, has laid down regulations on the use of PFDs in power craft and on the age limits for those in charge of power craft. A summary of these regulations is given after the Boating Rules.

(vi) In addition to PFDs, Safety Harness should be worn in fully decked sailing or motor craft by all those on deck, at night or in rough weather. The harness should be attached to a suitable strong point or jackstay with a suitable tether.

6. Lights must be carried when operations may not be complete before dark. Small craft in darkness should have a white light for display to prevent collision. Larger vessels under power or sail must have the regulation white, green and red lights. (Regulations for Preventing Collisions at Sea).

Day Cruising or extended Cruise Camping should be properly planned and organised, and unexpected eventualities guarded against. These extra guidelines below apply to cruising.

7. The Scouter in Charge should make out a provisional Sailing Plan beforehand and obtain the permission of the Programme Commissioner, Sea Scouting or his or her designee. The Group Leader or County Commissioner or other person or body appointed by him/her for the purpose (eg CPC) should be notified and a PC Form completed if required (this does not apply to cruises or expeditions within the 'Day Cruising Area')

8. The Scouter in Charge should run through a carefully prepared check-list before setting out on a cruise and ensure that the correct standard, spare and other gear appropriate for the particular craft and cruise is all aboard and correctly stowed.

9. The Scouter in Charge should consider with particular care the age, experience and reliability of the SCOUTS concerned and also the age, ability and experience of any other person who will be in charge of any part of the proposed activity and the suitability of the craft. He should make sure that the parents of all SCOUTS taking part are fully briefed on the plan of the cruise.

10. Before setting off, an authorised Scouter or contact person and the local Harbourmaster or Coast Guard (VHF CH 83) should be informed. It is advised that a passage plan should also be filed with the Coast Guard, giving details of craft, number of crew, route, destination and ETA. Similarly, return to home port or completion of the cruise should be reported to all the parties informed of the departure. It may be advisable to report progress during the cruise, particularly if changes have to be

made in the Cruising plan.

Note – Sea Scout Information Document no. 007, "Passage/Voyage Planning", contains details of passage planning, as well as a suggested planning form. This form, or a document recording the appropriate information, should be filled in and a copy left with a shore contact person, such as Group Leader or other Leader, a parent, Harbourmaster or County Commissioner. This document is available on the Sea Scout Information pages on the Scouting Ireland website.

10. Distress Signals — The recommended flare pack for the type of water concerned should be carried - a minimum of 2 hand flares and 2 orange smoke signals must be carried in Day Cruising Waters. In addition, 2 red parachute flares must be carried in Coastal Waters. They should be stored in a waterproof container and be kept at hand for quick use.

11. A hand held marine VHF radio, kept in a waterproof box or case along with spare batteries, should be carried. A waterproof mobile phone may be a useful addition, but this must not be relied on in an emergency situation, or even as the primary means of shore contact.

12. The party should include 2 competent persons over the age of 17 years

13. Where necessary the Scout Personal Accident Insurance and Scouters Indemnity Policies should be extended to cover the cruise.

14. Cruising — Coastal/Off Shore in yachts requires the appropriate Advanced Certificate and or ISA/RYA Coastal / Offshore Yachtmaster

Questions on expeditions should be directed to the Programme Commissioner, Sea Scouting or his or her designee.

## RELAXATIONS

Under certain circumstances Rules 4 and 5 (Charge Certificates and Swimming) may be relaxed at the discretion of the Scouter in Charge. Each relaxation of a rule should be a deliberate decision taken at the time having carried out a risk assessment and is valid for that particular activity, time and circumstances. No such relaxation should be allowed to become a 'blanket' relaxation or to be seen as setting a precedent. If there is no person present who is competent to relax a rule then the rule must stand. A 'competent person' would be an adult Leader with at least an Intermediate Charge Certificate.

RULE 4 Charge Certificates — In enclosed safe waters and in 'Restricted Waters' this rule may be relaxed for training purposes, provided that a competent Scouter is

nearby or sailing in company and is in effective control of the activity.

**RULE 5** Swimming — this rule may be relaxed and permission given to a non-swimmer to go boating in ‘Safe Enclosed Waters’ only, provided that he/she wears a PFD, has had previous experience of floating in water wearing a flotation device and the Scouter in Charge takes into account the type of boat, reliability and skill of the person in charge and the weather conditions prevailing. This rule should never be relaxed for canoeing or windsurfing.

## RESTRICTIONS

A Scouter may at any time restrict the area of operation of a SCOUT’S Charge certificate until he/she feels that the SCOUT has the necessary experience and self-confidence to operate throughout the area.

### GENERAL

(a) In all cases, Scouters should ensure that boats carry all the necessary equipment, that it is not so stowed as to hinder the boat’s free working, that the boat is not overloaded and that its appearance will not bring discredit to the Group or to the movement.

(b) Appropriate rescue cover should be considered for all activities and in particular when a fleet of boats is being used for training, on expeditions or at regattas. In all cases before an activity or event a risk assessment should be carried out and a safety plan put in place and documented.

Put link in to (ISA race/training guideline including ratios ).

## Appendix 1 SOLAS–V SUMMARY

Safety of Life at Sea Convention (SOLAS). The original SOLAS Regulations came into being in 1913 after the loss of the “Titanic”. These have changed and grown over the years. Very few of these regulations apply to small craft, but since July 2002 some points do apply to leisure craft and may affect Scouts on coastal expeditions or sail training cruises.

Regulations applying to privately owned pleasure craft

Depending on the craft and on the area and type of the boating activity, the Leader-in-charge must consider which, if any, of the following regulations apply -

**Radar Reflector.** Reg. 19.2.1.7 - Where practical, a vessel must have a Radar Reflector or other means to enable detection by radar at both 9 and 3 GHz. In most Scout boats

this will not be practical, but if you have the use of a larger vessel, sailing or power, a radar reflector may be necessary.

**Lifesaving Signals. Reg. 29** - An illustrated table describing the life-saving signals must be readily available to the person in charge. A laminated copy of such an illustration may be kept in the waterproof container for the emergency flares.

**Reporting of Dangers. Regs. 31 & 32** - Person in charge must communicate information on any navigational danger found. This means that if an unexpected navigational hazard (eg. large floating container or tree trunk) is discovered, it must be reported to the Coast Guard Radio Station, or to the nearest Harbour Authority.

**Distress Messages. Reg. 33** – You are obliged to respond to any distress signal that you may receive, and to help anyone in distress if it is possible for you to do so.

**Passage Plan. Reg. 34** – A passage plan is required of all vessels that put to sea. The degree of planning will vary with the size of vessel, crew, and length of voyage. It must take into account the type and condition of the boat and its equipment (standard and emergency), experience and competence of person in charge and of crew, dangers to navigation, weather (actual and forecast), tidal predictions, safe harbours/anchorages on the way, etc. This regulation changes the status of passage planning on small boats from simply good practice to a legal requirement. It does not apply to a boating/training exercise in a Group’s own “enclosed safe waters” but it might be advisable in “restricted waters” and is certainly necessary for “day cruising waters” and further afield. A copy of the passage plan should be left with a contact person ashore. It is good practice to leave such a “passage plan” with someone ashore even if the craft is only going for a short journey outside the harbour. Some Sea Scout Groups have a rule that an entry must be made in the Deck Log in the Scout den stating the proposed Activity, name of the boat, names of Skipper/Coxswain and crew, weather forecast and ETA back at the Den.

**Sea Scouting Information Document (SSID Info 007)** gives useful information and guidance about Passage/Voyage Planning, and includes a recommended Passage Planning information form, a copy of which should be left with the land contact person. This form, and other Sea Scouting Information Documents may be downloaded from the Scouting Ireland web site. Check if we need SIDS

**Misuse of Distress Signals. Reg. 35** - Distress signals must be used only for their correct purpose. They are not recreational fireworks.

## Appendix 2

BOATING LIMITS – Restricted Waters and “Enclosed Safe Waters”

<b>Louth Coast - 2 Louth (Blackrock)</b>	
Restricted waters	Soldiers Point to Anagassan, west of Castletown River
Enclosed safe water	Carraigponsha to Old Boathouse, west of Fane River
<b>North Dublin Coast</b>	
Restricted waters	7 & 9 Ports - Nose of Howth to Portrane Martello Tower
	14 Port - Portrane to Loughshinny, up to half mile offshore
	16 Port and 17 Port - Loughshinny to Balbriggan
Enclosed safe water	7 Port (Howth) - Howth Harbour
	9 Port (Malahide) - Estuary from viaduct to Sailing Club and Broadmeadow Water
	14 Port (Donabate) - Rogerstown Inlet & Broadmeadow
	16 Port (Skerries) - Skerries Harbour
	17 Port (Loughshinny) - Loughshinny Harbour
<b>Dublin Bay Area - 1 Port, 3 Port, 4 Port, 5 Port, 8 Port, 12 Port, 15 Port</b>	
Restricted waters	West of a line drawn from the Baily Light to the Muglins and thence to Whiterock (north end of Killiney Bay, SW of Sorrento Point)
Enclosed safe water	1 Port (Ringsend) - Dublin Port between Toll Bridge and Poolbeg Yacht Club
	4 Port (Dodder) - River Dodder and Grand Canal Basin
	5 Port (Dollymount) - Dollymount lagoon
	3 Port (Dalkey) - within half mile of Bullock Harbour
	12 Port (Sandy Cove) - within half mile of Sandy Cove Harbour
	8 Port (Dunlaoghaire) - inside Dunlaoghaire Harbour
	15 Port (Ballyfermot) - as for 1 Port. Also Grand Canal
<b>Wicklow Coast -</b>	
	5 Wicklow (Bray)

Restricted waters	Bray Head to Killiney Bay (Sorrento Point), half mile offshore
Enclosed safe water	Bray Harbour and immediate area
	1 Wicklow (Greystones)
Restricted waters	Greystones to Bray, half mile offshore
Enclosed safe water	Greystones Harbour and immediate area
	4 Wicklow (Wicklow Town)
Restricted waters	Wicklow to Six Mile Point, half mile offshore
Enclosed safe water	Wicklow Harbour and immediate area
	9 Wicklow (Arklow)
Restricted waters	Clogga Head to Mizen Head, half mile offshore
Enclosed safe water	Arklow dock and river
<b>Wexford Coast</b>	
	2 Wexford (Port of Wexford)
Restricted waters	Wexford harbour and port, and River Slaney to Enniscorthy
Enclosed safe water	inner port area
	6 Wexford (Rosslare)
Restricted waters	Rosslare Bay
Enclosed safe water	immediate area of Rosslare Harbour
<b>Waterford Harbour and rivers</b>	
	1 Wexford (New Ross)
Restricted waters	R. Barrow, Cheek Point to St Mullins & R Nore to Inistioge
Enclosed safe water	New Ross town reach of the river
	1 Waterford (Port Waterford) & 2 Waterford (Dunmore East)
Restricted waters	Waterford Harbour north of line from Swine Hd to Hook Hd
Enclosed safe water	West of line Dunmore E Lt Ho to Blackrock
<b>Cork Harbour Area - 1 Cork, 3 Cork, 4 Cork, 10 Cork, 12 Cork</b>	
Restricted waters	All of Cork Harbour north of a line from Fort Davis to Fort Meagher, including Owenboy River, R. Lee and Lough Mahon, East Passage and Fota Channel

Enclosed safe water	1 Cork (Crosshaven) & 12 Cork (Carrigaline) - Owenboy River
	3 Cork (Douglas)
	4 Cork (Cobh) - Area of Cobh Quays
	10 Cork (Monkstown) - Sand Quay to Monkstown Creek
<b>Cork and Kerry Coasts</b>	
	7 Cork (Kinsale)
Restricted waters	River Bandon and estuary north of a line between Preghane Point and Sandycove Island
Enclosed safe water	north of line from Charles Fort to Castlepark Beach
	8 Cork (Bantry)
Restricted waters	east of a line between North and South Beaches and north of a line between
Enclosed safe water	Whiddy Point East and the west side of Glengarriff Bay
	17 Cork (Castletownbere)
Restricted waters	Berehaven north of a line between Pipers Pt. and Naglas Pt. and West of a line from Lonehort Pt to Bank Harbour
Enclosed safe water	Castletown Harbour
	2 Kerry (Tralee)
Restricted waters	Tralee Bay south of a line between Ilauntannig and Illaunnacusha
Enclosed safe water	Fenit Harbour area
<b>Shannon</b>	
	5 Limerick
Restricted waters	Southern arm of Lough Derg and Scarrif Bay, west of a line from Parker Point to Cribby Island
Enclosed safe water	Within half mile of the centre at Tinerana Bay, or any other suitable launching place decided by a Leader holding Advanced Charge Certificate
<b>Athlone</b>	
Restricted waters	L. Ree south of Rindoon, incl. Inny estuary & Inner Lakes

Enclosed safe water	Town reach of the river, above the lock.
<b>Galway</b>	
Restricted waters	Southern section of Lough Corrib and the river
Enclosed safe water	the river between the lough and the Eglinton Canal
<b>Sligo Area - 3 Sligo (Rosses Point)</b>	
Restricted waters	River and estuary north east of a line from Raghly Point to Black Rock. Also Lough Gill
Enclosed safe water	Between the Scout Den and Coney Island

## APPENDIX 3

*CANOEING GUIDELINES – Note- These Guidelines are at present under review*

### 1. Scouter's Responsibility:

Before allowing a SCOUT to take part in any Boating / Paddling activity the Scouter-in Charge should consider the age, experience and reliability of the Scout and the ability and experience of her/himself or any other person in charge of any part of the activity.

The Scouter should always take whatever precautions that they deem a prudent parent would observe for the safety of his/her own children. It is recommended that a risk assessment be carried out prior to each activity.

1:1 Definitions: The term 'Canoeing / Kayaking / Paddling' in these guidelines includes all aspects and disciplines of the sport including Kayaking, Canadian Canoeing, Canoeing, Sea Kayaking, Play Boating, Slalom, Polo, Sit on Tops, Wave Riders and another craft that is propelled in the same manor or similar to standard Kayaking

1:2 Do not canoe if you cannot swim: Each Scout must be able to swim at least 50m in shirt, shorts and runners and then remain afloat for 2 minutes.

1:3 Avoid injury by stretching, warming up, staying fit and developing good paddling techniques

1:4 Do not canoe alone: 'Less than 3 there never should be'. There must be at least 3 Scout canoes on the water at any time including a suitably qualified instructor. It is safer and better fun to enjoy your sport with other canoeists.

1:5 A Buoyancy Aid must be worn at all times: Always wear an approved buoyancy aid (PFD – personal floatation device) when on or near water, check its floatation; make

sure it is in good condition and the correct fit. Buoyancy is measured in Newton's – 10 Newton's equal 1kg of floatation. There are 4 European standards for buoyancy aids and lifejackets (50, 100, 150 & 275) which must all carry the CE mark. It is highly recommended that buoyancy aids are fitted with a whistle and retro reflective strips. Each Scout must wear a well-secured buoyancy aid or lifejacket at all times while afloat in a canoe - see also Rule 18 for types of buoyancy aids.

1:6 Helmets must be worn at all times: This rule may only be relaxed on flat calm waters at the discretion of the Leader-In-Charge. In a competition, apply the rules of that competition regarding helmets.

1:7 Spraydecks must be worn on closed-decked canoes or Kayaks at all times. This rule may be relaxed for beginner paddlers on flat calm water at the discretion of the leader.

1:8 Canoe Buoyancy: Canoes must have adequate buoyancy properly secured in place, capable of supporting the canoe when full of water. Air Bags are recommended for the stern

1:9 Bow and Stern Grab Loops:

All canoes shall be fitted with proper grab loops / bands to both bow and stern. Cow Tails should be fitted on Instructor boats

1:10 Foot Rest: All canoes must be fitted with a properly secured, easily adjustable foot rest. An adjustable Plate or Inflatable Bag is recommended. Nuts and bolts must be maintained free from rust.

## 2 Canoe Leader Certificates:

2:1 When Scout canoes are afloat a Canoe Leader Certificate holder / Instructor must be present and qualified to take the group on the waters in question.

To paddle on Training Water and Group 1-2 Rivers the Leader may hold the Basic Canoe Leader Certificate or Level 3 ICU Instructor

A leader holding a Restricted Canoe Leader Certificate can act as a second leader in above waters, or when accompanied by one other qualified leader may train Scouts on Flat/Sheltered Training waters.

Leaders holding ICU or BCU Canoe Leader award are acceptable as long as the Scout Leader is satisfied that the holders are suitable and have an understanding of the Scout canoe guidelines.

2:2 ICU Instructor Qualifications

- The minimum qualification for Instructing 'Sit on Tops' for flat water is Level 2 Instructor.
- The minimum qualification for Instructing 'Sit on Tops' for Rivers is Level 3 Kayak Instructor

The minimum qualification for Instructing 'Sit on Tops' for Sea water is Level 3 Sea Kayak Instructor

2:3 Canoeing

- Level 1 Canoeing Instructor  
Level 1 Canoeing Coaches are qualified to instruct canoeing under very controlled conditions.
- Level 2 Canoeing Instructor  
Level 2 Canoeing Coaches are competent to instruct and lead on grade 1 water or designated lake areas.
- Level 3 Canoeing Instructor  
Level 3 Canoeing Coaches are qualified to instruct and lead on moving water up to Grade II and lakes.
- Level 4 Canoeing Instructor  
Level 4 Canoeing Coaches are qualified to instruct and lead on advanced white water journeys and inland waters. They have an important role in developing open canoeing.
- Level 5 Canoeing Instructor  
Level 5 Canoeing Coaches have in-depth experience of open canoeing and are actively involved in its development

2:4 Sea Kayaking

- The Level 1 Sea Kayaking Instructor Qualification is the same as the Level 1 Kayak Coach.
- On the sea the Level 1 Sea Kayaking Instructor Coaches are confined to instructing within harbours.
- Level 2 Sea Kayaking Instructor  
Level 2 Sea Kayaking Coaches are qualified to lead groups in non-tidal areas and sheltered coastlines. They cannot lead groups in winds above Force 3.

- Level 3 Sea Kayaking Instructor  
Level 3 Sea Kayaking Coaches are qualified to instruct and lead groups close to accessible coastlines that do not involve tidal races or overfalls.
- Level 4 Sea Kayaking Instructor Coach  
Level 4 Sea Kayaking Coaches are qualified to instruct and lead groups on open sea crossings and areas where there are tidal races or overfalls.
- Level 5 Sea Kayaking Instructor Coach  
Level 5 Sea Kayaking Coaches have in-depth experience of sea kayaking and are actively involved in its development.

#### 2:5 Kayaking

##### Level 1 Kayak Instructor

Qualified to instruct Level 1,2 &3 kayaking skills on water of no higher than Grade I difficulty including Very Sheltered water , Designated Lake Areas, and in Designated Sheltered Tidal Areas.

Assess for the Level 1 Kayak Skills Award.

A Level I Kayak Coach is specifically not qualified to lead groups and is restricted to static instructional sessions only.

##### Level 2 Kayak Instructor

Qualified to instruct introductory, basic, and intermediate skills level kayaking skills on water of No higher than Grade I difficulty including very sheltered waters and/or sheltered tidal areas.

Qualified to journey on

- Canals
- Sections of a river that does not include rapids or weirs
- Defined shorelines around a lake The Instructor is specifically not qualified to journey across a lake
- Harbours and Very sheltered Tidal Waters

Assess for the Level 1 & 2 Kayak Skills Award.

##### Level 3 Kayak Instructor

Qualified to instruct and lead kayaking groups safely on water of no higher than grade 2 difficulty including very Sheltered Waters and/or Sheltered Tidal Areas.

Assess for the Irish Canoe Union Level 2 and Level 3 Kayak Skills Awards.

##### Level 4 Kayak Instructor

Qualified to instruct and lead groups safely on water of Grade 3+ difficulty in a kayak.

Assess for the Irish Canoe Union Levels 2, 3 and 4 Kayak Skills Awards.

Promote safe kayaking standards.

#### 2:6 Age:

Paddling is allowed provided the safety clothing, PFD's and equipment is appropriately sized and that there are suitability qualified instructors on the water and the guidelines for ratios are followed.

Kayaking for Beavers should be considered an exceptional activity and special consideration should be given to ratios, clothing, equipment, qualifications, experience, location and length of time being spent on the water.

A risk assessment should be submitted to your Group Leader at least a week in advance of the activity.

Group Leaders can seek advice by contacting the Sea Scouting Team

Paddling in Canadian Style Canoes for younger inexperienced scouts, cubs and beavers should be carried out by lashing together in a catamaran style and afloat no more than 30 meters from the shore in calm waters with suitably qualified instructors present. All other safety precautions still apply re PFD's, Helmets, and Clothing etc

### 3. PERSONAL EQUIPMENT

3:1 The canoeist's clothing should provide warmth both when wet and dry, with a minimum of bulk and weight. The canoeist should be comfortable and arms unrestricted - swimming togs, long - sleeved T-shirt or football shirt, shorts in warm weather, long woollen socks or neoprene booties. Jeans must not be worn as they cause serious heat loss when wet. (Different combination of clothing should be worn depending on the temperature of the air and water temperature.

Recommended (shorts and short sleeved dry cag and thermal vest for warm air/ warm water.)

(3/4 wetsuit trousers dry cag and thermals for warm air /cold water.) (Dry suit thermals and fleeces for cold air/cold water).

3:2 Equipment - Ensure your equipment is appropriate for the level and environment in which you are paddling and that it complies with safety regulations.

Carry equipment for unexpected emergencies

3:3 A wet-suit or Dry Suit must be worn when required by these rules. Winter/ Summer

3:4 Runners or hard-soled neoprene bootees to protect the feet must be worn at all times to avoid cutting the feet when walking on the shoreline or river-bed.

(Foot wear: Wetsuit Booties, Slip-on water shoes, Extreme White Water Boots, Sports Sandals.)

3:5 Light wind - proof anorak or cagoule, which can be closed at the wrist and neck, must be worn when required by these rules and should be carried by each Scout at all times. These anoraks reduce heat loss from the body due to wind, especially when one is wet.

3:6 Helmets must be worn at all times and must be CE approved for water sports Helmets should be worn when on or near the river. Ensure it fits correctly and protects the temples and back of head)

3:7 Check the safety of the kayaks / canoes. Check usability, security, and strength of grab-loops. It is highly recommended that kayaks/canoes etc have retro reflective strips

3:8 A light Thermal Hat is can be worn. It should not be too bulky to be worn under the helmet. Do not wear a full-face balaclava, as this restricts breathing when wet.

3:9 A Spraydeck not only keeps water out it also helps to retain heat and must be used for all winter canoeing; it must have a securely fitted quick-release cord.

3:10 Personal Flotation Devices (lifejackets or buoyancy aids) should be CE approved. They must fit the wearer, taking into account weight and body-build. They should be comfortable to wear, provide all-round protection and help to retain heat. All tie cords, straps, zips or belts should be secure, easy to fasten and, when worn, tied securely so that the buoyancy aid cannot slip up over the face.

The recommend minimum for canoeing and kayaking is 50 Newton this for a person weighing 70 Kgs or more, manufactures have a sliding scale used to determine the

minimum buoyancy needed for a given weight.

Seek advice from a specialist Kayak supplies store or Adventure Store regarding most suitable models.

Only PFD designed for kayaking should be used when using an enclosed kayak.

## 4 .WINTER CANOEING

4:1 Winter canoeing is defined as any canoeing activity undertaken from the 1 October to 30 April. Scouts can paddle all year round provided they are appropriately dressed. Cubs are restricted from going on the water in winter time. However they are allowed to paddle in heated swimming pools during winter season

4:2 Wet suits spray decks and cagoules is the minimum requirement for winter canoeing must be worn for all winter canoeing. This rule should not be relaxed under any circumstances. Dry gear is recommended for winter kayaking

4:3 Check River flows and weather forecasts and be prepared to change plans if necessary

## 5. CANOE SURFING

5:1 There should be a minimum of 6 canoeists on the water. The ratio of canoe leaders to canoeists is 1:4 on the water - this is a minimum requirement.

5:2 The Leader-in-Charge must hold a minimum qualification of an Advanced Canoe Leader Certificate, ICU Kayak Instructor level 3.

5:3 Each canoeist in the surfing party must hold the Paddling Badge 6 at least or ICU Skills level 2 or equivalent.

5:4 All rules concerning the correct clothing must be adhered to. In addition, wet-suits must be worn. The Canoe Leader may relax this rule on warmer days.

5:5 Helmets must be worn at all times.

5:6 It is recommended that additional buoyancy should be fitted in all canoes.

5:7 A surf-master must be based on the beach, to watch over the surfing group.

5:8 All members of the party must carry a suitable whistle.

5:9 The Call Signs are:- 2 short blasts - All canoeists return to shore. 3 short blasts - Canoeist in difficulty.

5:10 No equipment should be carried in canoes. Survival Kit / Repair Kit /First Aid kit must be based with the Surf -Master.

5:11 Avoid surfing where there are swimmers. Obey the directions of a Beach-guard.

5:12 The surfing zone must be marked out with marker flags.

5:13 A "marker" canoeist must be posted a maximum distance beyond the surf.

5:14 Canoeists going out through the surf must give way to surfing canoeists coming in. If required, they must capsize their canoe.

5:15 Certain canoes are not suited to canoe surfing, particularly canoes with prominently pointed bows.

### **Surf etiquette.**

In the surf environment there are rules of engagement.

They are not exclusive to paddlers; they apply to all surf users.

- **Patrolled Beaches:** If you are surfing on a patrolled beach, make sure that you keep within the designated surfing area. Take note of where you should be surfing before you go out, and make sure you stick to it when you are out.
- **Priority:** Always make sure that you are not taking anyone else's wave. Remember that the surfer who is closest to the breaking wave has priority. If you see someone already on a wave, then the wave is considered to be taken, and you'll have to wait for the next one.
- **Respect:** Respect the locals if you are visiting a beach. Remember that you are a guest and that waves should be shared.
- **Paddling out:** do not paddle out through the take off zone.
- **Rips:** If you are caught in a rip. Hopefully you already know that a rip is a strong current that (normally) goes straight out to sea and, if caught in one, you should not panic but instead paddle across the rip (not against it) until you have escaped.
- **Sun Block:** Always wear a good waterproof sun block. You'll know how important it is if you have been out for a few hours surfing in the sun without it. Also, if you are not wearing a wetsuit, it is a good idea to wear a UV-proof long sleeve rash vest for body protection.
- **Surf Conditions:** Make sure that the surf is safe before you go in. If you are going surfing at a spot you are unfamiliar with it, is a good idea to get some advice from a local. Check out the surf spot while warming up.

### **Special Surf Kayaks**

**Long Boat:** 3m or longer as measured in a horizontal plane. Also known as IC International class No fins allowed.

**Short Boat:** 2.75m or under, as measured in a horizontal plane. Also known as HP kayak High Performance. (Fins allowed)

**Surf ski or Wave skis**

An off-shoot of surf kayaking has been the development of wave-ski surfing. A wave ski is similar to a surf board and has no closed deck. The paddler is strapped onto the ski and uses a kayak paddle.

## **6. ADDITIONAL RULES FOR CANOE LEADERS**

6:1 The ratio of Canoe Leaders to canoeists for level 2 Instructors on flat water is 1:6.

The ratio for ICU Instructor level 3 is a ratio of 1:6 on grade 2 rivers and 1: 8 on flat water

A level 3+ ICU Instructor must be present on grade 3 rivers and the other kayakers possess be of Level 3 Kayaking Skills

6:2 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

6:3 Be familiar with Scouting Ireland and the ICU canoeing guidelines and apply all rules, particularly winter rules and restrictions, including when cagoules, wet - suits and Spraydecks must be worn.

6:4 Check the safety of your kayak / canoe. Check usability, security and strength of grab-loops. It is highly recommended that kayaks/ canoes have retro reflective strips

6:5 Be aware of and apply any local rules or warnings issued by the harbour, navigation or local authorities or any local rules issued by Scout or Guide groups, which relate to any waters used for Scout/Guide canoeing.

6:6 River estuaries often 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.

6:7 Before undertaking any Scout canoeing each leader must check existing weather conditions, local forecasts and shipping forecast if canoeing in restricted and expedition waters. More importantly know how to interpret his information.

6:8 The leader-in-charge must ensure that normal day canoe trips are completed at least 1 hour before darkness. However, night canoeing is permissible provided approval is obtained from the Group Leader and Sea Scout Team or Area Committee...

6:9 The leader-in-charge must inform himself / herself of the details of tides, currents, tidal rips, weirs, rapids or any other hazard likely to be encountered, or on waters adjacent to the water being used.

6:10 Before each canoe activity the leader-in-charge must check the personal canoeing gear of each member in the party to ensure that dangerous clothing such as Wellingtons or loose heavy woollen pullovers, are not being worn by any member of the party.

6:11 The leader-in-charge must check the soundness of each canoe before the trip to ensure that deck and hull are sound, side seams are watertight, seat and cockpit are securely fitted, buoyancy is adequate, foot bar securely in place and correctly adjusted, and bow and stern toggles or grab line fitted. If deck lines are fitted they must not be tied to the cockpit rim.

6:12 Particular attention should be paid to old repairs.

6:13 The leader-in-charge must ensure that all preparations for a canoeing activity are adequate - route planning, transport. etc. - and that details of the intended trip are left with a responsible adult who will know what to do in the event of a mishap.

6:14 For sea passages the Coast Guard should be informed and a passage plan notified.

6:15 The leader-in-charge must ensure that his canoe and the canoes of all other leaders are adequately equipped for rescue, including all deck lines, fore and aft paddle parks, bow and stern toggles or grab bands, long tow with quick release and snap link, short tow attachable on both sides. It is recommended that Leader canoes should be high rather than low volume.

6:16 The leader-in-charge must ensure that adequate first-aid and emergency repair kits shall be carried by the party.

6:17 All first-aid and emergency equipment must be carried in waterproof containers, not in plastic bags.

6:18 The leader-in-charge must ensure that spare paddles are carried where appropriate.

6:19 The leaders in a party must carry a whistle and a throwing line.

6:20 The leaders must ensure that scouts show courtesy to others both on and off the water, including fishermen, swimmers and any other users of the water.

6:21 The leader-in-charge is responsible for the provision of a powered rescue craft if required by the Classification of Waters. Depending on the circumstances, consideration should be given to carrying a VHF radio and appropriate flares when operating in sea areas in particular.

6:22 Carrying a mobile phone is also worth considering on all trips, although it is not a reliable primary means of communication. (All above should be suitably waterproofed and easily accessible.

6:23 The leader-in-charge or organiser of a competitive event must inform the Area Committee or Sea Scout Team least two weeks before the event.

## 7. OTHER INFORMATION

7:1 Careful consideration should be given to the dangers associated with polluted or contaminated water and are aware of the dangers of Blue/Green Algae and the causes and early symptoms of Weil's disease. All canoeing equipment should be kept in good order and checked regularly.

7:2 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. A canoe equipment officer should be appointed to take responsibility for regular maintenance.

7:3 Temporary patches must be removed after the trip, the canoe stripped and dried before permanent repairs are undertaken. Temporary patches must not be used except to complete the trip.

7:4 Paddles must be in good repair, blades secure in the loom, the paddle must be able to float.

7:5 First aid kits must be carried on all canoe trips. The size and extent of the kit will depend on the size of the party and the journey being undertaken.

7:6 Emergency kit must include at least bivvy bags, first aid kit, additional clothing, flask of hot drink, a suitable repair kit and a mobile phone.

## 8. GRADING OF RIVERS

8:1 Grades

White Water Rivers are generally graded at medium levels. By their very nature,

such grading systems are to some extent subjective and may change suddenly with fluctuating river levels.

8:2 N.Gr. No grade due to lack of information. Canoeists who have paddled on these rivers are asked to forward their comments to the Sea Scout Team, or to the Irish Canoe Union.

### 8:3 River Grading

It is important to know that graded difficulty is not the only factor that affects grading, and grading should not be the only factor you rely on when deciding whether a river or a rapid is for you. River Grading is not an exact system; rivers do not always fit easily into one category. Regional or individual interpretations have and may cause misunderstandings. It is important to know that graded difficulty is not the only factor that affects grading, and grading should not be the only factor you rely on when deciding whether a river or a rapid is for you.

Water Conditions on rivers in Ireland are graded as follows:

### 8:4 Grade I – Flat Water

This is either flat, open water with minimal current or water with a very slight current. There are no obstructions.

### 8:5 Grade II – Moderately Difficult

Rivers that have a choice of clearly evident routes. Occasional maneuvering may be required, but rocks and medium-sized waves are easily missed by moderately trained paddlers.

### 8:6 Grade III – Difficult

Route is easily recognizable from the water. There are moderate, irregular waves which may be difficult to avoid. Complex maneuvers required in fast currents. Good boat control required. Stoppers and small eddies exist. Obstructions can be numerous.

### 8:7 Grade IV – Very Difficult

Route is not always clear, inspection advisable. Rapids are continuous and breakouts few and small. Continual maneuvering with precise control. Sharp decision – making required.

### 8:8 Grade V – Extremely Difficult

Inspection often essential and protection from the river bank possibly required.

Serious dangers exist. Very complex continuous technical difficulties. Grade VI Almost never attempted and often exemplifying the extremes of difficulty, unpredictability, and danger. The consequences of errors are very severe and rescue may be impossible. For teams of experts only, at favorable water levels, after close inspection and taking all precautions.

The list on the following pages is a guide to the conditions that may be expected at various times on the main canoeing rivers of Ireland. The rivers are listed in clockwise order around Ireland, starting at the River Liffey. The following abbreviations indicate the different water heights -

S.L. - Summer Low

S.Av. - Summer Average

Wint. - Winter

W.H. - Winter High

≠ indicates "not canoe able".

## 9. CLASSIFICATION OF COASTAL WATERS AND LAKES FOR CANOEING

9:1 The following definitions are a maximum and the Canoe Leader-in-charge shall restrict the extent of these waters to be used by Scouts, considering the size of the group, the experience of certificate holders, strength of the weakest members of the group together with the weather both present and forecast, and anything else that may influence a safe canoe activity.

9:2 CLASSES In the following class system all three sections must be considered and points from all sections added together to identify the class of water at that time.

When evaluating the conditions in any area care must be taken to allow for conditions that may develop, with possible changes in the weather and change in the tide.

In conditions where waters are exposed to offshore winds an additional 2 points must be added to the total.

5 points	Class 1 --	(Training Waters)
6 - 11 points	Class 2 --	(Restricted Waters)
12+ points	Class 3 --	(Expedition Waters)

Classes 4, 5 & 6 are outside ordinary Scout activities.

A - WIND EFFECT ON SEA Points

Calm easy water	1
Mild chop or swell under 1 foot high	2
Rough choppy waves up to 2 foot high	3
3 foot waves - canoeist disappears in troughs	4
4 foot waves	5
5 foot waves - difficult to keep together	6

B - TIDAL INFLUENCE

Little or no tidal effect	1
Some tidal effect up to 1 knot	2
1 - 2 knots - progress difficult against current	3
Tidal races and overfalls 2 - 4 knots	4
Tidal races and overfalls 4 - 6 knots	5
Tidal races, overfalls and whirlpools 6 - 8 knots	6

C - RELEVANT COMMITMENT ENTAILED

Landing easy at all times	1
Landing occasionally more difficult - more than 200 yards away	2
Landing only effective every 400 yards	3
Landing over 1 mile away	4
Landing over 2 miles away, or landing impossible due to cliff	5
More than 5 miles from shore or safe landing	6

9:3 EXAMPLES:

On a day with a mild chop less than 1 foot high, with a 1 - 2 knot tide, and landing at times 200 - 300 yards away, the points totals would be as follows -

Section A	2 points
Section B	3 points
Section C	2 points

7 points = Expedition waters - Class 3.

Notes:

1. Helmets required at all times if setting out from or landing on a beach
2. Suitable powered rescue craft capable of accommodating the entire canoe party is required for all canoeing on waters of Class 3 and above.
3. Class 4 and above trips by sanction of the Canoe Committee only.

**Safety & Rescue**

Instructors and leader

Should have Basic rescue equipment

Throw rope

Knife,

Nylon tape sling

Two Karabiners.

Any person prepared to entering the water during a rescue should also wear a white water chest harness.

**Three Golden Rules of Safe Paddling:**

1. *Fewer than three on the water, there never should be.*
2. *Ensure you can swim adequately.*
3. *Always wear a suitable buoyancy aid*
4. Let someone know what you are planning and when you are expected to return.

10 It is recommend that all leader and Instructor train in River safety and Rescue

**10:1 River Safety & Rescue 1(RSR 1)**

Introduction

The RSR is a 1 day course designed for canoeists of all levels who wish to undertake relevant training in Safety and Rescue Techniques appropriate for water of Grade 2.This is an ideal stepping stone for those canoeists who are interested in taking more in -depth advanced rescue and safety training.

10:2 General aims of the RSR1

The RSR1 aims to enable candidates to

- 1.01 Develop an understanding of rescue / safety protocols
- 1.02 To apply the appropriate method and equipment for particular situations
- 1.03 Execute self rescue
- 1.04 Rescue of others in Grade 2 water
- 1.05 Rescue of equipment in Grade 2 water.

#### 10:3 Guidelines

The RSR 1 course should be delivered and run on water of grade 2 difficulty at a static site

The Course Provider must be a Level 3 Kayak Instructor on the RSR 1 Course Trainer Panel

The student /trainer ratio is a maximum of 6:1

### 10:4 River Safety & Rescue 2 (RSR 2)

#### Introduction

The RSR 2 is a two -day course designed for intermediate and advance level canoeists who wish to undertake relevant training in River Safety and Rescue techniques appropriate to water of Grade 3 and above difficulty. This is a follow on from RSR 1 introducing more advanced rescue and safety training and techniques.

#### 10:5 General aims of the RSR 2

The RSR 2 aims are to enable candidates to

- 1.01 To further enhance the understanding of rescue / safety protocols
- 1.02 To apply the correct method and equipment for a given situation
- 1.03 Execute self-rescue
- 1.04 The rescues of others in grade 3 / 3+ water
- 1.05 The recovery of equipment from grade 3 / 3+ water

RSR 2 course can only be delivered by a currently registered Level 4 Instructor who is a member of the RSR 2 Course Trainer Panel.

- The course student / trainer ratio is a maximum of 4:1.

### References

Books for recommend reading

- Irish Whitewater, A Guide to Irish White Water Rivers and Surf  
By Seamus Mac Gearailt
- Canoe and Kayak handbook - British Canoe Union.  
Edited by Franco Ferrero
- White Water Safety and Rescue.  
Edited by Franco Ferrero
- River Guides in Ireland.

Websites- Close attention should be paid to information on website as the information is always changing and cannot always be accurate.

- For the latest information Scouting Ireland recommends  
Canoe.ie
- Other sites You will find information on are:  
<http://www.irishwhitewater.com>

#### River Gauges

#### River Alerts

River Alerts is a system that aims to give Irish kayakers a warning about dangers on rivers or anything related (river warnings). River Alerts also uses posts from Irishfreestyle.com (river warnings).The system aims to accessible from anywhere, via mobile phone internet (alerts.irishwhitewater.com), SMS texts, RSS and internet.

To spread river alerts and to make them even more accessible, river alerts can be embedded on any website, viewed on any phone.

#### Accident and Close-Call Database

### Some Canoeing Terms

Blade- The widened end of the paddle that does the work in the water.

Bow- The forward extremity of a canoe or kayak.

Broach- A dangerous situation in which a canoe / kayak is caught against an obstruction and turned sideways by the current. Alternatively when a boat is turned side on to wind and waves by the action of the waves.

Canadian Canoe- An often used but incorrect term for an open canoe propelled with a single-bladed paddle.

Canoe- Derived from the birch bark canoes of North America, the term "Canoe" refers in broad terms to any paddle-propelled craft with two pointed ends, including kayaks. Often used to mean an open canoe (occasionally incorrectly called a Canadian Canoe).

A canoe (as opposed to a kayak)- is a boat propelled with a single blade paddle, from a kneeling position in Flat Water and Wild Water Racing competition or from a sitting position in Marathon Racing and Touring events. Touring, Flat Water Racing and most marathon Racing canoes are undecked (open) many Wild Water Racing canoes are decked, and may appear like kayaks.

Cockpit- The place occupied by the paddler. There is normally a seat, and in some kayaks and canoes, the cockpit will be sealed with a spray cover around the paddler's waist and attached by shock cord to the cockpit rim.

Deck- An enclosed area over the bow and / or stern of a canoe, which keeps water out and increases the craft's strength.

Edging- Putting the boat on its edge to increase its maneuverability.

Eskimo Roll- A method of using the paddle against the water to right a boat that has tipped or rolled over. The roll relies on body movement for success, not the sweep of the paddle. There are many variations.

Grip- The area of the paddle that the canoeist holds.

Hull- The main body of any water going vessel, including canoes and kayaks.

Hatch- An opening through the deck into a compartment, and closed by a hatch cover. Normally seen on sea kayaks.

Helmet - A canoeing helmet should be worn while paddling white water, surfing, paddling among rocks or in sea caves, and during rescue practice they are optional for other canoeing activities. The helmet should be securely fixed whenever it is worn.

Hypothermia - The loss of core body temperature through exposure to cold and wet, and especially wind. Potentially fatal. Prevention is much better than cure: dress warmly and eat well.

Kayak- Kayaks are derived from the frame and sealskin hunting boats of the Arctic. In broad terms "kayak" refers to any paddle-propelled craft with two pointed ends, including canoes. A boat propelled with a double bladed paddle. Competitors will sit

in their boats for all disciplines. Kayaks are fully decked craft.

Leader- A person giving direction to a group, this includes Instructors, Coaches, trip leaders, peer leaders, scout leaders, group leaders, etc.

Paddle- The implement used for propelling a canoe. Canoeists use a single bladed paddle. Kayakers use a double-bladed paddle that's held in the middle.

River Left- The left side of a river from the paddler's point of view when looking down stream.

River Right- The right side of a river from the paddler's point of view when looking down stream.

Shaft- The narrow part of the paddle, above the blade, encompassing the grip.

Stern- The rear end of a canoe.

Spray deck- Attaches around the paddler's waist, then fitted around the cockpit to waterproof the cockpit.

Stopper- The wave formed immediately downstream of an obstacle over which water is flowing.

## **APPENDIX 4 WINDSURFING GUIDELINES**

1. Do not windsurf if you cannot swim.
2. Do not windsurf alone. (Minimum of 3 persons in party).
3. An approved buoyancy aid should be worn at all times.
4. Beginners should not windsurf in offshore wind conditions without a proper rescue craft.
5. Board Volume: consider the board type and volume particularly when you are learning. Your first board should have enough volume to float you comfortably in all directions.
6. PROFICIENCY: You should attend a recognised training centre, or seek instruction from an experienced person. The ISA scheme is recommended.
7. LEADERSHIP: The leader should consider the waters, weather, age and experience of the Scouts involved, as well as his own and other instructors experience before participating in windsurfing. Check this A ratio of 1 leader to 4 Scouts is recommended as a minimum.
8. EXTENT OF WATERS: Windsurfing should only take place on class 1 and 2 waters,

as defined in canoe rules. Enclosed sheltered waters preferably shallow are best for initial training. Windsurfing for beginners should not take place in areas with strong tides or other dangers present, or in offshore wind conditions.

9. The minimum age is 11 but fitness should be considered for all the ages. The size of the rig should also be taken into consideration.

#### EQUIPMENT

10. Warm clothing which will provide warmth when wet or dry should be worn. The clothing should be brightly coloured.

11. A wet suit is recommended and should be worn between 31st October and 1st April.

12. Runners, gym shoes or hard soled bootees should be worn.

13. A windproof jacket or cagoule should be worn.

14. A light woollen hat will help maintain body temperature.

15. A buoyancy aid should be worn. Personal Flotation Devices (lifejackets or buoyancy aids) shall be CE approved. They must fit the wearer, taking into account weight and body-build. They should be comfortable to wear, provide all-round protection and help to retain heat. All tie cords, straps, zips or belts should be secure, easy to fasten and, when worn, tied securely so that the buoyancy aid cannot slip up over the face.

The usual type of buoyancy aid for windsurfing is the 50 Newton type. Seek advice from a specialist windsurfing supplies store or Adventure Store regarding most suitable models.

16. WINTER WINDSURFING: 31st October to 1st April a wet suit, hat and cagoule should be worn at all times.

17. The board and equipment should be checked afterwards.

#### LEADER GUIDELINES

18. The ratio of Leaders to Scouts is 1:4 and this is a minimum requirement.

19. Be familiar with the guidelines and apply them. Take particular note of clothing, age and experience of people involved and the weather conditions.

20. Be aware of and apply local rules or warnings issued by Harbour authorities or local Scout groups.

21. Before undertaking windsurfing check existing conditions and obtain a local forecast. Know how to interpret this information. Note the effect of land and sea breeze, valleys and mountains.

22. All windsurfing should be completed at least 1 hour before darkness. Do not windsurf in the dark or in poor visibility.

23. All leaders in the party should be aware of the details of tides, currents, rips or any other hazard likely to be encountered on waters including those adjacent to the waters being used.

24. The leader in charge should check personal equipment of all in the party and make sure that no dangerous clothing is being worn.

25. The leader in charge should check the board and rigging for damage or wear and replace any necessary items. (Page 13 IYA Book).

26. The leader in charge should ensure that all preparations for the windsurfing activity are adequate — insurance, transport, adequate leaders, rescue craft, etc. and that details of the intended activity are left with a responsible adult who will know what to do in the event of a mishap.

27. The leader in charge should ensure that tow lines are carried and that all in the group know the self rescue procedure. Leaders competent to carry out first aid and AR should be available. A first aid kit, bivvy bag and hot drink should be available on shore. Smoke signals or Day-Glo flag should be carried on trips.

28. Consider other water users and keep clear of swimmers. Understand and obey the “Rules of the Road at Sea”.

29. The leader in charge should ensure that a rescue craft is available and is suitable to local conditions.

30. ROOFRACKING/TRANSPORT: Ensure that the board and rigging is properly secured, complies with the Rules of the Road and is insured. A marine policy is required to cover use of the board on water.

31. SYLLABUS AND STANDARDS: The leader should obtain the help of experienced persons or attend a course of instruction at a recognised centre before taking Scouts windsurfing on training waters.

32. ISA Level 2 or equivalent, is needed for restricted waters. This can be waived for training purposes for level one holders (or equivalent) if a safety boat is in attendance. For operation outside of training waters the leader should hold a

recognised First Aid and AR certificate.

33. Boards are not subject to boat Certification but should be checked by the leader as detailed earlier.

34. Vessels being used as rescue or safety craft are subject to the rules appropriate to that type of craft.

## **APPENDIX 5 - IRISH SAILING ASSOCIATION**

### **A. Policy regarding Personal Flotation Devices (PFD)**

#### 1. General Principal

Personal safety is primarily the responsibility of the person concerned.

#### 2. Adults

In respect of all craft, the I.S.A. strongly recommends that all adults should wear a Personal Flotation Device (PFD) while aboard open boats or when on deck on other craft. In regard to persons over the age of 16 it is emphasised that the use of safety devices and equipment while on the water is the personal responsibility of the individual. Suitable personal safety equipment, such as personal flotation devices and/or harnesses, should be worn by all persons while on the water. Such items could be temporarily removed only when the circumstances permit their safe removal. However, they should be retained if there is the least doubt as to the safety of the weather and sea conditions prevailing, or forecast to prevail.

#### 3. Young People

The special position of children and young persons attracted particular attention within the ISA, especially those under the age of 16 who were deemed not to have attained sufficient age to be solely responsible for their own safety. In this context, the ISA recommends that all persons under the age of 16 should have to wear an appropriate Personal Flotation Device(PFD) on board all vessels (powered or non-powered).

#### 4. Persons undergoing training

When undergoing practical training all persons should wear a Personal Flotation Device (PFD) while on the water or in the vicinity of the water.

### **B. ISA Recommendations on Support Boats**

The growth in the fleet of boats used to provide support to sailors competing in Irish events is particularly noticeable in Junior classes. This extra activity, which involves

powered craft and sailing dinghies operating in close proximity, has given rise to a number of incidents and accidents. The ISA's Safety Task Force has recommended as follows:

1. "Sailing Instructions" governing the use of support boats may be necessary. Where already in place, consideration must be given as to how the "SIs" will be enforced.

2. When drafting Sailing Instructions, Event organisers should consider:

a. Making it a requirement that "Support Boats" should come under the command of a separate "Support Boat" co-ordinator.

b. Making VHF communication between "Support Boats" and a co-ordinator compulsory.

c. Making ISA Power Boat Level 2 Certificate compulsory for "Support Boat" helmspersons.

d. Recommending the maximum number to be carried in a "Support Boat".

Page Amended July 04

## **APPENDIX 6 GOVERNMENT REGULATIONS ON PLEASURE CRAFT**

Statutory Instrument No. 259 of 2004

The Merchant Shipping (Pleasure Craft) (Lifejackets and Operations)(Safety) Regulations, 2004, published in the above Statutory Instrument, apply to all pleasure craft, not just mechanically propelled craft, and to any person on board such craft, or on board a vessel or object of any kind being towed by such craft,

being operated in Irish waters. They supercede Statutory Instrument No.284 (2001)

Exceptions are craft being used for rescue, other emergencies, or law enforcement. They do not apply to rowers in boats designed and used for rowing races, and capable of being entered into regattas or other events recognised by the Irish Amateur Rowing Union, and of a design and type used in Olympic Games or other international rowing regattas.

The main points are summarised here. For full details please refer to the original document – S.I.259 (2004).

It is an offence to –

- permit a person under 16 years to operate or be in control of a personal watercraft (eg. “jet-ski”), or fast power craft (eg. capable of 17 knots or over).
- permit a person under 12 years to operate or be in control of a craft powered by an engine of more than 5 horsepower.
- not to have on board the vessel sufficient PFDs for each person on board
- not to wear a PFD on an open craft or on the deck of a decked craft under 7 meters LOA, which is not made fast to the shore or at anchor.
- permit a person under 16 years not to wear a PFD on any open craft or on the deck of any decked craft which is not made fast to the shore or at anchor.
- permit a person not to wear a PFD while being towed or while on board a vessel or other object being towed
- not to wear a PFD while on board or being towed by a personal watercraft
- operate or control (or attempting to), or permitting a person to operate/control a pleasure craft while under the influence of alcohol or drugs such as to be incapable of having proper control.
- consume alcohol/drugs on a pleasure craft which could affect safety or cause a

disturbance on board, or affect safety of or constitute nuisance to others using Irish waters.

- consume (or permitting a person to consume) alcohol or drugs, while being towed by, or on a vessel or object of any kind being towed by a pleasure craft.