

The following are now mandatory requirements for anyone paddleboarding and represent good practice for all watersports at WPWC.

- Always use the booking system to ensure the presence of a safety 'buddy' before visiting the club. A buddy can be anyone else on the water, so could be doing a different water sport.
- Speak to your buddy on arrival and ensure you are on the water at the same time.
- If the safety boat is available (this cannot be guaranteed unless by prior arrangement) then a buddy would not be required.
- Fill in a log sheet on arrival, to record your visit, so we can provide details to UU that they have requested. This requires your name and that of your buddy and the visit date etc. and confirms you have re-read the cold water shock and other safety information and rules, as well as some guidance on cleaning/ drying boards before use elsewhere in order to control the spread of invasive species.
- Club rules require a wetsuit and some form of additional buoyancy to be worn at all times.
- Outside the summer months a neoprene hood, boots/shoes & open palm mitts are also strongly recommended as precautions against cold water shock and hypothermia.
- Be mindful of the wind direction and strength and do not set out if you think there's a risk of difficulty returning to your launch point (greatest risk in N, NW, NE, or E winds and any stronger winds).
- Immerse yourself up to chest level before leaving shore. This allows water to gradually enter the suit and begin to warm up and significantly reduces any element of shock from sudden immersion later.
- Always use an ankle leash to avoid separation from the board and in the event of difficulty when on the water, stay with the board.
- If unable to return to your launch point, drift to the reservoir edge then walk or swim the board back in shallow water at all times, or carry it back, or return for it later in a vehicle.
- If injured/exhausted/in difficulty and unable to reach the reservoir shore, sit on the board and wave with both arms crossing over your head (this is the normal distress signal). Your buddy, and/or others if available, would then come to your aid.
- Stay well away from other craft to avoid collision damage/injury.
- Take note of any submerged hazards which could damage your board, either from your own observations, or as notified to you by email or posted on a blackboard at the club.
- Please stay at least 20 metres away from the valve tower and spillway and do not enter the creek nature reserve at the NW corner of the reservoir.
- Check, clean & dry your craft if you use it elsewhere, to avoid spreading non-native invasive species.
- Please notify the committee if you see any unauthorised use of the reservoir, such as swimming, or non-members paddleboarding from the dam. Note the number of people, date, weather and any protective equipment, so we can report this to UU.