



Following my canoe briefing before my departure, I can confirm that I have understood all the potential risks involved while undertaking this activity which are summarised below:

1. You will be provided with a buoyancy aid, this **must** be worn at all times while in the canoe or on the board. Buoyancy aids must not be used as cushions.
2. Be aware of weather conditions, such as strong winds, cold water and hot sun on the water, the strength of the sun is magnified, so please dress accordingly and consideration should be given to wearing a hat on sunny hot days.
3. Take sufficient water and food to cover the duration of your trip, you will drink more water than normal so allow for that. You are not permitted to use the canoe if you are intoxicated by drink or drugs, your judgement is impaired and this is for your own safety.
4. Never exceed the weight capacity of the canoe (308 KG with luggage). Should the canoe capsize, paddlers are advised to stay calm, swim the canoe back to the bank, empty the water out and continue.
5. Keep to the right-hand side of the canal when paddling.
6. Give fisherman room to fish, do not grab hold of the fishing lines caught in the trees as there could be hooks attached.
7. Do not assume that people in motor cruisers or yachts have seen you; make sure you keep yourself safe by keeping out of the middle of the main channels.
8. Please do not grab hold of ropes from passing or moored boats.
9. Please pass wildlife respectfully.
10. Honing Lock is the upstream limit of navigation. Please do not enter the lock chamber.
11. There is no downstream limit of navigation but please be aware that if you leave the Canal and enter the main river you may be charged a Broads Authority toll (£9.60 for 7 days).
12. We cannot be responsible for the damage or loss of any personal belongings.
13. We may use pictures for PR & Marketing (please do ask if you wish to opt out).

Return of Equipment

If you do not return your vessel within 30 minutes of your expected time, and we have not been able to reach you by phone, we will involve the MCA (Maritime and Coastguard Agency) and the Broads Authority.