



**Following my canoe briefing and detailed 'in-water trial', 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 always worn. Buoyancy aids must not be used as cushions.
2. Be aware of weather conditions, such as high 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 anglers 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. **Honing Lock** - The limit of navigation is the lock, please do not enter the lock chamber.
10. Please pass wildlife respectfully.
11. **Permitted use only for the Canal.** Only tolled and licensed canoes may leave the canal.
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 for your safety.

**Emergency contact details**

If there is a risk to life call 999 immediately, this is a remote location and emergency services may take several minutes to arrive. For non-life-threatening emergencies call: 07810 616920

**Lead participant Name:**

**Mobile:**

**Car Reg:**

Participant 2 – Name:

Participant 3 – Name:

Participant 4 – Name:

**Emergency Contact details**

Name:

Mobile:

**Lead Participant Signature:**

**Date:**