



water safety
Scotland



KAYAKING/CANOEING SAFETY CODE



Stop and Think, Spot the Dangers



Learn how to paddle safely and how to rescue yourself and other paddlers.



Check the weather forecast, wind speed, direction and tide times before you set out. Be careful of offshore winds.



Keep your equipment well maintained and check it before every trip.
Have your contact details clearly marked on your kayak/canoe.



Plan your trip and ensure that you can enter and leave the water safely before setting off.



Wear suitable clothing for the conditions, including a personal flotation device.
A wetsuit, windproof top and hat will help to keep you warm



Paddle within your capabilities and have a back up plan. Using familiar locations and favourable conditions will make this easier.



Avoid alcohol or drugs – they can reduce coordination and impair judgement and reaction times.

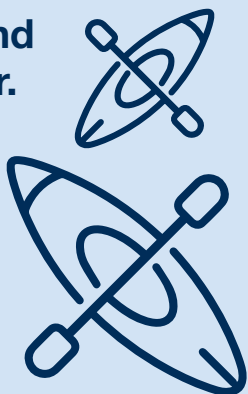


Stay Together, Stay Close

Don't paddle alone. Take a friend as this can make your trip safer.

Always tell someone on land where you're going and when you'll be back.

Always carry a means of calling for help and keep it in a waterproof pouch on your person.



In an Emergency, Call 999



Call 999 or 112.

If you get into difficulty, stay with your canoe/kayak – try and get back into it and then signal for help.



If you fall into the water and lose your kayak/canoe – Stay calm, float on your back and call for help.

For further safety advice,
please scan this QR code

