

Border Kayak and Canoe Club Standard Operating Procedures

Procedure Title	River safety and rescue practice sessions
Revision & date	Rev 1, 11/1/26
Owner	Club safety officer
Purpose	River kayak and open canoe safety and rescue practice. How to rescue and be rescued in a white water river environment.
Lead BCAB qualification level	Paddlesport Leader, White Water Coach, WW Kayak / Open Canoe Leader. More than one competent person must be present at these sessions for safety.
Risk assessments for this activity	River Specific river safety and rescue practice
Example locations	Junction Pool, Kelso Teviot above Teviot Bridge Tweed at Rutherford rapid
Procedure	<ul style="list-style-type: none"> • Post the event on Spond • Check the suitability and number of participants. • Advise participants of wet conditions & suitable clothing • All participants to carry ICE cards • Ensure enough skilled supervision is present. • Unsuitable for children • Ensure all necessary safety gear is present • Involve everyone in moving the boats safely • Get everyone into suitable gear. • Check that club or personal gear is suitable and fitted correctly • Some participants will have their own gear and boat. This must be checked for suitability and correct fit / usage • After the session and all boats and gear is stored check with all the participants. Did they enjoy the session? What did they learn? Will they come back for more? What could be done better?
Activity briefing	<p>When everyone is kitted up and the boats are near the water.</p> <p>Plan for the day, scenarios which will be practiced. Safety protocol, cold water immersion</p> <p>Advise participants what to do if the leader is injured or needs help</p> <p>Limit the duration of the session to reduce risk of cold and tiredness.</p> <p>MYABCDE Me; Introduction, role and responsibilities as group leader You: Aims for the day, experience, skills, confidence Area: Planned paddling area, likely / possible routes and choices Boats: Check all equipment and clothing, wearing + spares, gear, food and drink Comms: Methods of communication, signals, positioning, keep in sight Doctor: Any relevant medical conditions, medication Emergency: Swim & rescue plans, actions by group, swimmer & rescuer. ICE cards.</p>