



water safety  
Scotland



sportsScotland  
glenmorelodge  
national outdoor training centre

SCA  
Scottish Canoe Association  
Comann Curach na h-Alba

# 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.

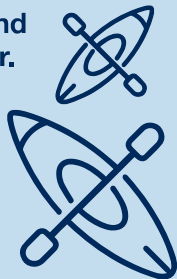


## Stay Together, Stay Close

**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

