



Dragon Boat Cold Water Policy

Sudbury Canoe Club
206 Ramsey Lake Road
Sudbury, Ontario

The Sudbury Canoe Club's *cold water policy* will be in effect during the months of April and May and from October 1st thereafter. Club members are advised that sudden immersion in cold water (a temperature below eight degrees Celsius) can be very dangerous. Precautions must be taken at all times.

- a. It is a club policy that anyone on the water must wear a proper fitting government approved Personal Floatation Device (PFD). This policy is year-round and is especially critical in cold water conditions.
- b. The steersperson and drummer must have a whistle to call for assistance.
- c. When this policy is in effect, paddling must be within 25 metres from shore. Paddlers must follow the shoreline out and back. There is no need to cross the lake or to circle the islands.
- d. Paddlers must be off the lake 1/2 hour before sunset.
- e. A "*buddy system*" must be in place before going out on the water. If the boat tips; each paddler is responsible for the paddler beside them. Crews should be reminded of the "*buddy system*" before each practice. Someone in the boat must be designated to be responsible for the drummer and steersperson. (Usually the two paddlers closest to the steersperson and drummer are responsible for them.) Either the steersperson or the drummer (predesignated) is to initiate the buddy" system after the boat is loaded by asking the crew to look at the person beside them so they know who they are responsible for in case of a capsized.
- f. If the boat tips and paddlers are in the water, a head count to account for everyone shall be done. Those who are injured or are having difficulties in the water are to be assisted immediately. Paddlers are to swim to shore as quickly as possible and seek assistance.