



Sprint Team Cold Water Policy

Sudbury Canoe Club
206 Ramsey Lake Road
Sudbury, Ontario

The Head Coach shall monitor environmental conditions, including: water temperature, air temperature, wind, precipitation. Appropriate safety measures shall be undertaken.

They include the following:

- All persons shall wear protective clothing appropriate for the conditions and their activity.
- Cold Water/Weather Conditions require special safety precautions. When the water temperature is **below 8 degrees Celsius**, the following precautions apply:
 - Participants shall wear a Government of Canada approved Personal Flotation Device (PFD). The participants shall also be accompanied by a safety boat during on-water training.

NOTE: Coast Guard Regulations with regard to safety equipment shall apply.

- Where possible, participants should stay close to shore during on-water training (within 25 metres).
- If the on-water training environment is within range of a communications network, coaches should be encouraged to carry a cell phone while on the water.

Weather Regulations

1. No boats, canoes or kayaks should be on-water when there is fog that is a visibility of less than 25m or out of sight of the shoreline.
2. If a lightning/thunder storm prevails during training all boats shall move near the shore.
3. If a lightning/thunder storm prevails during a regatta, all paddlers shall follow the Officials' instructions.
4. If any other bad weather conditions prevail, all paddlers must go to a safe area.