



**SUNCOAST SENIORS RECREATIONAL KAYAKING CLUB INC.**

**LEADERS CHECKLIST AND TRIP RECORD**

<b>VENUE</b>		<b>DEPARTURE TIME</b>		<b>RETURN TIME</b>	
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<b>WEATHER CONDITIONS</b> (Tick one)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="padding: 2px;"><b>Very Good</b></td><td style="width: 20px;"></td></tr> <tr><td style="padding: 2px;"><b>Good</b></td><td></td></tr> <tr><td style="padding: 2px;"><b>Fair</b></td><td></td></tr> <tr><td style="padding: 2px;"><b>Poor</b></td><td></td></tr> </table>	<b>Very Good</b>		<b>Good</b>		<b>Fair</b>		<b>Poor</b>		<b>DATE</b>	
<b>Very Good</b>											
<b>Good</b>											
<b>Fair</b>											
<b>Poor</b>											

**Prior to Outing**

1. Gather information about area of intended trip. This can be obtained from other members, maps. Do survey if area is unknown. Check tides where applicable.
2. Weather data available on **Phone:1900 926115**
  - In adverse conditions – for reasons of safety –leader can cancel outing or change venue.
3. Obtain **outing list, first aid kit and throw bag** from previous leader.

**At Venue**

Check List	Check-Tick
1. Assemble all paddlers 5 minutes prior to departure.	
2. Give summary of intended trip – paddling time, stops, lunch, return times	
3. Remind paddlers that they must self assess before departure.	
4. Remind Paddlers of the Club Paddling Rules	
• Buoyancy vests to be worn	
• Paynters to be fitted	
• Whistles to be carried	
• Suitable footwear – not thongs	
• Bailer or sponge	
5.. Take reports of injury or illness	
6. Nominate mentor for new paddlers	
7. Nominate “Tail End Charlie”	
8. Count number of craft	N <sup>o</sup> =

**During the Paddle**

1. Do not start until all craft are launched
2. Ideally leader to paddle from the front of the group
3. Stop frequently for rests
4. Travel at a speed comfortable to the whole group

**The journey is just as important as the destination**