



Flatwater North Sprint Club (FNS)

Whitehorse, Yukon

FNS board accepted FPY's Code of Conduct on July 16, 2018

Flatwater Paddling Yukon (FPY)

Whitehorse, Yukon

SAFETY POLICY

Passed by board April 12, 2017

CLUB SAFETY

Above all else, member safety is our utmost concern and priority. As such, we take extreme care to ensure all of our members can participate in our programs in a safe and friendly environment. Coaches, staff and volunteers work hard to ensure the safety of all participants on and off the water. As well as being competent paddlers, all coaches at the club are certified through our National Coaching Certification Program (NCCP), confident swimmers and Boat Operator Accredited training. We have established safety policies and ensure our coaches and staff members are fully trained on boat safety, water safety, etc. and continue to revise policies and procedures to ensure the safety of our members.

The organisation proactively reviews program operations, policies and procedures, and potential safety concerns on a regular basis and take corrective action if and when it is needed. In addition, each member must sign a Code of Conduct Agreement as part of the program registration process. This ensures members are aware of the rules and guidelines related to safety, member conduct, treatment of others, etc. If any member is found to break these rules and guidelines, corrective action will be immediately taken and parents will be notified.

The following safety rules will be followed at all times:

- Paddlers must always stay within sight of coaches and safety boats.
- Paddlers are strictly forbidden to go on the water without the knowledge of coaching staff.
- All paddlers must always wear a PFD approved life jacket when on the water and on the dock. Paddlers may wear an approved flotation device when racing.

THUNDER AND LIGHTNING

Coaches and club staff will closely monitor the weather and at the first sign of lightning all members will be directed off the water, CPCC adheres to the 30-30 rule for thunder and lightning based on the following key policies:

- When there is 30 seconds or less between lightning and thunder, coaches and staff will direct members indoors
- Remain sheltered for 30 minutes after the last clap of thunder

For more information, [click here](#).

COACHES AND SAFETY BOATS

Safety boats are always within sight and ready to respond. To provide a safe and secure environment for our weekly summer camp programs the ratio of staff to kids is 1:9. For all other kid's programs, the ratio of coaches to kids is 1:12. Members are all required to stay within sight of coaches and coach boats and are strictly forbidden to go on the water without coaches' knowledge.

ON WATER TRAINING

The Cold Water Policy in effect the whole season, paddlers will only be permitted to paddle as a group during coach scheduled on water-sessions.

- It is mandatory for all paddlers to wear a Government of Canada approved PFD at all times on the dock and water
- All paddlers and training groups MUST be accompanied by a safety boat (motor boat) and within sight of the coach at all times. Paddlers are required to follow closely to the shoreline.
- Coaches will consider all weather and water conditions before taking a group of paddlers onto the water, and at their discretion will determine whether or not to cancel on-water training sessions
- Coaches will carry with them a cell phone while on the water during cold water temperatures

SUN PROTECTION

Remember to take these simple precautions to protect yourself from the sun's harmful rays throughout the year and to check the UV Index to determine the risks of UV exposure.

- Educate your children about the harmful effects of over exposure to the sun. Coaches and staff will continually remind our paddlers about the risks, but it takes a team to keep our members informed.
- Remember your sunscreen. Although FPY will have sunscreen on hand, it is important that members bring their own sunscreen and re-apply throughout the day. We recommend a waterproof sunscreen (with both UVA and UVB protection) with a 30+ rating, which generally provides better protection.
- Re-apply throughout the day. Generally, sunscreen should be applied every two hours. Members will be reminded to re-apply, but it is important that parents re-enforce this message.
- Get some shade. When not on the water on days with a high UV index, members will be encouraged to spend time in the shade. At regattas, FPY will provide a shaded canopy where paddlers can limit their exposure to the sun. Remember, over exposure to the sun is not only bad for your skin, it can also impact your performance.