



## VISITOR INDUCTION AND SAFETY BRIEFING

This form is to be completed before taking part in your first paddling session. If you have any questions or require further clarification on any of the points mentioned, please speak to the session leader.

On arrival, please make yourself known to the session leader. You will be required to wear a buoyancy aid during the session. A safety briefing will be issued before the session commences, the key points of which are as follows:

- The helm (steerer) must be obeyed at all times.
- Each crew member will be assigned a number, which must be memorised.
- In the event of a capsize, STAY WITH THE BOAT. It contains flotation compartments and will not sink, even when inverted.

### SAFETY COMMANDS FROM THE HELM

'Brace the boat'	Place your paddle flat on the water so that the boat remains stable
'Easy'	Stop the activity you are doing.
'Slow the boat'	Place the paddle in the water to reduce the speed of the boat.
'Stop the boat'	Place the paddle deep in the water and take a backward stroke.

### PADDLER INFORMATION

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email address: \_\_\_\_\_  
*(this address will be added to the Execalibre Mailing List unless you advise otherwise)*

How did you hear about Execalibre: \_\_\_\_\_

### EMERGENCY CONTACT DETAILS

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Relation to you: \_\_\_\_\_  
*(the emergency contact must not be someone who is taking part in the session)*

- I have read and understood the safety briefing above.
- I can swim 50 metres in the clothes I am wearing in the boat.
- I am aware that I am required to wear a buoyancy aid whilst in the boat
- I have notified the helm of any medical conditions that affect me
- I understand that I am taking part in the session at my own risk

Signed: \_\_\_\_\_ Date: \_\_\_\_\_