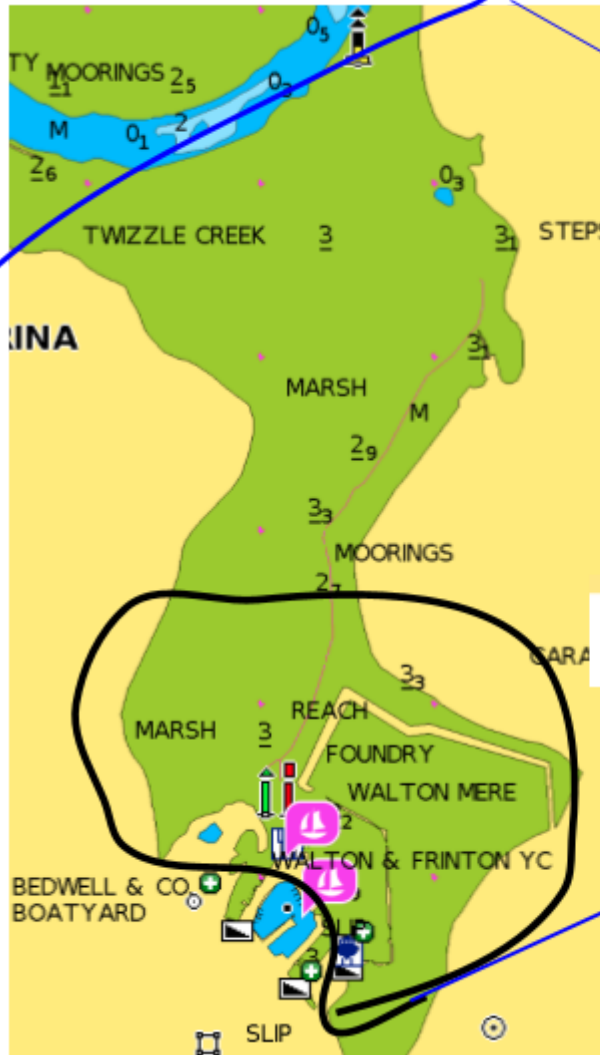




RVA

SUP area of operation



Extended limit line if WFYC deem this suitable



Sluice gates at halls- DO NOT GO BEYOND

Stay within the black limit lines

Stay within 25m of shoreline

Stay in flat water

Limit line is the barge on the first corner from the club. Unless advised otherwise that you can go to the spit buoy.

Stay where the tide is less than 2 knots.

Check your tide times to ensure you can get back to the club



Do not paddle your board up or onto the slipways. Please get on and off your board in knee deep water.



WFYC Full members SUP code of conduct

1. Borrow a Board online booking is for Full Members of Walton and Frinton Yacht Club only. Borrowing is not possible during SUP lesson times.
2. All participants under the age of 18 must be supervised by an adult at all times. No one under the age of 8 is permitted to use a SUP.
3. All participants must be physically fit and well enough for the activity they plan to undertake. If participants are unsure they should consult their doctor before use.
4. All participants must be able to swim 25 metres unaided.
5. All participants must paddle within 25m of a shoreline at all times.
6. All participants must wear a properly fitted and maintained buoyancy aid or Personal Floatation Device (PFD) suitable for the activity, if in doubt, seek help from the manufacturer or recommended service partner.
7. All participants must wear the leash provided with the board (except on the mega SUP).
8. It is important that you stay stable on the board. Return to kneeling if you do not feel stable standing.
9. Take care paddling near pontoons or other solid structures.
10. Be careful moving the boards around on the land. The wind could catch them. Please do not drag the boards on the ground.
11. In the event a paddler loses their paddle, they must lie on their board and paddle it back to the club like a surfboard.
12. Cold/hot weather can affect your abilities to perform the activity safely, please dress for the weather/water conditions. Be careful to not wear items that may hinder getting back on the board. Please pay special attention to the risk of cold water shock, even in the warmer months. You must wear appropriate clothing and take into consideration all of the below: water/air temperature; wind chill factor; ease of swimming; ability of the group; type of activity; length of the session; location (i.e. availability of support). You must wear suitable foot protection to prevent cuts due to hazards such as glass, Weever fish, shells or flints, or due to contact hazards on the craft. Please cover open wounds with a suitable dressing.
13. Please do not paddle in extreme/adverse weather conditions.
14. Do not paddle in winds of above force 3 (10-12 mph). Or in areas where the tide is greater than 2 knots.
15. You must only paddle in flat water.
16. You should be aware of the tide times and direction of flow as this may stop you being able to return to the club if the level goes too low whilst you are out paddling.
17. You are responsible for the board and equipment borrowed with it, please report any damage/ issues. Please treat the equipment as if it was your own- look after it.
18. You must paddle in a group of no less than two. Solo paddling is not allowed.
19. Should you have an accident/incident/injury or near miss, please contact WFYC office via email office@wfyc.co.uk so we may record it and investigate what measures can be



taken to avoid this in future.

20. You must respect the water environment and other users. Please stay within 25m of the shoreline. Please look out for other boat traffic and stay out of the way of boats by avoiding the main channels.

21. You are not allowed to paddle if under the influence of recreational drugs and/ or alcohol.

22. If taking prescribed medication, please make sure it is still safe to take part.

23. The club will perform periodic checks of the boards and equipment but please check over everything before going out and let us know if you notice any damage. Any damage will be recorded by the club and checked in case of need of repair or removal from service.

24. Please make sure boards are inflated to the recommended pressure before use.

25. Maximum weight limits should not be exceeded. These are; 95kg for solo boards and 500kg for the mega sup.

18. Please ensure boards are washed with fresh water, and dried when you finish and before storing.

26. You must only use the SUP in the designated area of operation. There are a number of other access points in the back waters but many are privately owned so please do not land at any 'DO NOT LAND' point. See separate document.

27. Borrow a board is not supervised so your competency will not be assessed, but if you are observed and deemed unsafe your borrow a board may be cancelled, by a club board member or employee.

28. Launching done from the club slipways, these may be very slippery so please take care and be aware of other slipway users. You should always sit/kneel in shallow water or where near the edge or hard surfaces. Do not ride your board up or off the slipway.

29. The area around the club is often sheltered from wind and can be a good place for paddlers to practise, taking care to avoid boat traffic from the pond/basin, club and nearby yards.

30. You must only paddle in daylight hours.

31. For safety, a mobile phone (in a suitable dry bag) or VHF radio should be carried and all communications devices secured safely to yourself or the board. The phone signal in the backwaters is usually good though there may be some blackspots. You can register for the emergencySMS service which is useful in situations where the signal is not strong enough for a telephone call.

32. All SUP activity is undertaken at the full club members own risk and WFYC will accept no responsibility for any personal belongings lost or damaged.

33. You are responsible for your own safety whilst using club boards, if in doubt, do not go out.

34. WFYC reserves the right to amend this SUP code of conduct at any time.

35. By hire of your SUP you are agreeing to have read and understood this code of conduct and to abide by it at all times.



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