



## GENERAL Guidelines for Guest Paddlers

### Health & Safety.

Sea kayaking is an outdoor sport and by its' very nature can expose paddlers at its worst to;

1. Strong currents and strong wind
2. Rough sea/estuary conditions
3. Cold & wind chill
4. Paddling against strong currents and/or winds
5. Other vessels

### Potential Injuries

Include;

1. Muscle & back aches
2. General fatigue
3. Wrist pain & muscle stiffness
4. Blisters on hands
5. Sea sickness
6. Mild to extreme hypothermia/hyperthermia
7. Shoulder dislocation
8. Sunburn
9. Minor cuts & grazes/nicks etc.

All paddlers must be of reasonable fitness with guidelines as follows;

As a minimum, paddlers **MUST** be able to carry out the following;

1. Touch your toes whilst standing with your feet shoulder width apart.
2. Run (slowly) a minimum of 200 metres without stopping/rest.
3. Swim a minimum of 15 metres fully clothed.
4. Please come prepared. **NOMAD Sea Kayaking** cannot take responsibility for any injuries sustained prior to, whilst paddling and/or on completion of a trip/tour.

Please note that we reserve the right to refuse participation to any paddlers who cannot meet the above requirements. We also reserve the right to 'bale out' any paddlers who are deemed to be unfit, overweight, slowing the group down unnecessarily or a potential danger to themselves, the group and/or the Guides.



### **Health & Safety Continued**

You are obliged to inform NOMAD Sea Kayaking of any medical conditions or 'other' conditions you feel may affect your ability to participate in your event.

These include;

- Diabetes
- Heart conditions
- Epilepsy
- Rheumatism/arthritis
- Back/knee problems &/or shoulder problems
- Hearing and/or site problems
- Sea sickness
- Fears of deep water/swimming or any other relevant phobia/fears
- Joint injuries or previous shoulder dislocations
- Disabilities
- Any conditions that may affect your ability to participate in your event.

### **Bale Outs**

Be advised that we are unable to refund customers who 'bale out' of any trips, courses, events et cetera. We reserve the right to charge customers who have 'baled out' or have had to 'bale out' for any charges incurred to extricate the customers i.e. taxi/cab charges, fuel and parking costs and time incurred. 'Bale out' is defined as not being able to complete a trip, course or event for whatever reason/s.

### **Right of Participation**

NOMAD Sea Kayaking and all of its Guides reserve the right to refuse participation in any of our trips, tours and/or course to anyone due to the following, non exhaustive list;

- No food and/or fluid brought for the event/trip.
- Inappropriate dress (please read our online guidelines).
- Under the influence of any substances i.e. alcohol, drugs, medication etc.
- Aggressive, abusive behaviour.
- 'Unsafe' attitude or approach to the experience. This is subjective and the final decision always lies with the Guide/s leading the trip/tour/course.
- Unable to control their craft i.e. basic manoeuvres like turning, steering, forward paddling and so on.



**PLEASE NOTE: The Senior Guide for your trip holds the right to cancel or reschedule any trips or training programme due to weather, tides or unforeseen circumstances out of his/her control or that of the business. Discounts will not be offered for re-schedules and all guests will be offered TWO (2) alternative dates consecutively. Please refer to our terms and conditions of trade listed at the bottom of every web page.**

NOMAD Guides are responsible for your safety and well being as well as doing the very best to ensure our customers gain the maximum enjoyment and value for money from their trip/tour/course. The more you help your guide do this, the more you'll get from the experience.

If you have any questions or comments, you should contact us.

#### **11. Contact Details**

**Enquiries:** 01473 – 325 026 (from mobiles)

**Email:** [adventure@nomadseakayaking.co.uk](mailto:adventure@nomadseakayaking.co.uk)

***See you on the water!!***

