

## Guidelines on General Fitness

Guests don't need any experience or particular skills but not being a 'couch potato' definitely helps. A positive, engaging attitude towards the outdoors in general is a prerequisite. Some guidelines are 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 & legs straight.
2. Run (slowly) a minimum of 200 metres without stopping/rest.
3. Swim a minimum of 15 metres fully clothed.
4. Gentlemen - big bellies get in the way! Trust me, big bellies and kayaking **do NOT** go together so don't bother. There....we've said it!

Please come prepared. **NOMAD Sea Kayaking** cannot take responsibility for any injuries sustained prior too, whilst paddling &/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 reserve the right to 'bale out' any paddlers who are a potential danger to the group or a danger to themselves &/or the Guides. This is at the discretion of the group leader (Lead Guide) & the list may include (but not limited to) the following;

1. Unable to keep up with the group.
2. Unable to manage/control the kayak.
3. Overtly negative attitude towards the event, group &/or guides.
4. Personal discomfort in the kayak (possibly due to joint stiffness or other physical limitation)

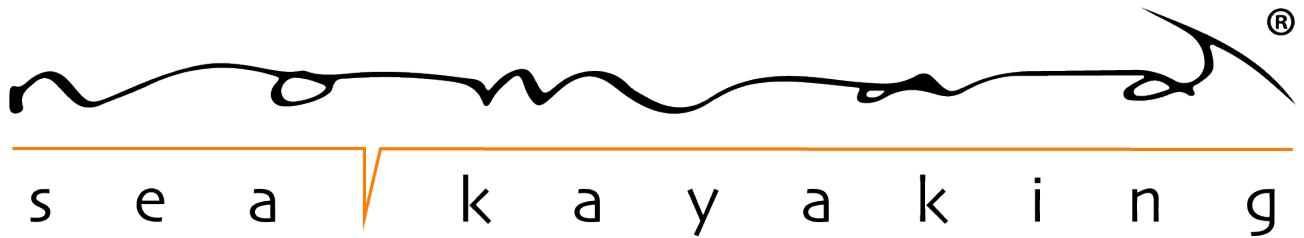
**Important:** Any abuse towards our staff, either verbal or physical will not be tolerated under any circumstances. **NOMAD Sea Kayaking** will take any necessary steps to protect both its staff and guests as needed.

As part of your booking you are obliged to inform **NOMAD Sea Kayaking** of any medical conditions, disabilities or phobias that may affect or limit your ability to participate. This is your responsibility. These include but are not limited to;

- Diabetes
- Heart conditions
- Epilepsy
- Rheumatism/arthritis
- Back/knee problems &/or shoulder problems
- Hearing and/or site problems
- Sea sickness
- Fear of deep water/swimming or any other relevant phobia/fears
- Joint injuries or previous shoulder dislocations
- The inability to swim
- Any 'other' disability or condition that may limit your participation in some way

## Marketing

It is not uncommon for our Guides to take photos and/or video prior to, during and upon completion of our events. The material is used on our website and social media feeds only. Please inform us prior to your event should you not wish to be included in any images or footage.



### **Bail Outs**

Be advised that we will not refund guests who 'bale out' of any trips, courses, events etc. whether by their own choice or that of the Lead Guide. We reserve the right to charge customers who have 'baled out' or have had to 'bale out' for any charges or costs incurred to extricate the customers i.e. taxi/cab charges, fuel & parking costs & time incurred. 'Bale out' is defined as the guest not being able to complete a trip, course or event for whatever reason/s. **NOMAD Sea Kayaking** do everything in their power to prevent this & in over sixteen years of operations, it has occurred only once.

### **Right of Participation**

**NOMAD Sea Kayaking** and all of its Guides/Coaches reserve the right to refuse participation to any of our trips, tours and/or courses 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 & 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.
- Guest height and/or weight exceeds safe paddling limits, potentially affecting the safety and wellbeing of the paddler/s, the group and the guides.

**PLEASE NOTE: The Lead Guide and/or the Operations Manager of NOMAD Ventures Limited, reserve 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. The decision is made based on safety first followed by guest comfort. Discounts or refunds will not be offered for re-schedules due to weather outside of our control & all guests will be offered the next TWO (2) consecutive, available dates as published on our website. Failure to accept one of the next two consecutive (available and published) dates, the trip/event will be forfeit. There is a 'Bad Weather Cover' available when booking that offers extra dates to provide greater choice & make any infrequent rescheduling easier for our guests.**

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



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## Leave No Trace

We all have different goals for travelling in the wilderness but one thing I think we all have in common is a desire to see it remain wild. '**Leave No Trace**' is an attitude that should pervade every aspect of your trip. Many of our guests may be uncomfortable with dealing with their toilet & general waste but this is all part of spending time in the great outdoors, particularly when wild camping. It wasn't that long ago we were pooping into slop buckets and using natural toilet paper! The following are not guidelines, but fast rules that our Guides and guests must adhere to on all events.

## General Rules

1. Carry out **EVERYTHING** you bring in.
2. Leave areas in a better state than when you arrive.
3. Keep a small trash bag with you and collect whatever you reasonably can, when you can.
4. Take your trash home and recycle hard plastics where possible.
5. Take care where you land and leave your kayak i.e. plant life, shells, erosion.
6. Take reasonable care where you camp i.e. use a durable surface such as sand/gravel/shingle and try not to pitch on small plants and lichen where possible.
7. Use **BIO-DEGRADABLE** products only i.e. trash bags, toilet paper et cetera.
8. **ALL** wet wipes of **ANY** kind are completely banned - this is not negotiable.
8. Camp **at least 200ft** from potential drinking water sources (the sea is OK).
9. Protect all food from small mammals and insects by using thick, heavy duty odour proof, sealable bags.
10. Ensure **ALL** toilet activity is **at least 200ft** from the campsite and 200ft from any fresh water source or inland pools.

**Satisfaction Guarantee:** If you are dissatisfied with your trip, course or event, please contact us by email detailing your reasons & with the approval of the Operations Director, we will book you onto the next available date **FREE of charge**.



