

WESTMINSTER BOATING BASE

CANOEING AND KAYAKING ON THE TIDAL THAMES

Thank you for booking on a course with Westminster Boating Base.

You will need to bring with you:

- two changes of clothing
- a towel
- waterproof clothing
(If you do not have waterproofs we have some to lend)
- some soft soled shoes/boating shoes
- packed lunch

Buoyancy aids, paddles and boats are provided.

The course will start at 10:00 and finish around 18:00.

Arrive 10 minutes prior to the start of the course each day. Please call if you are going to be substantially late or if you cannot make it on any particular day.

We are looking forward to meeting you. If you have any queries don't hesitate to call.

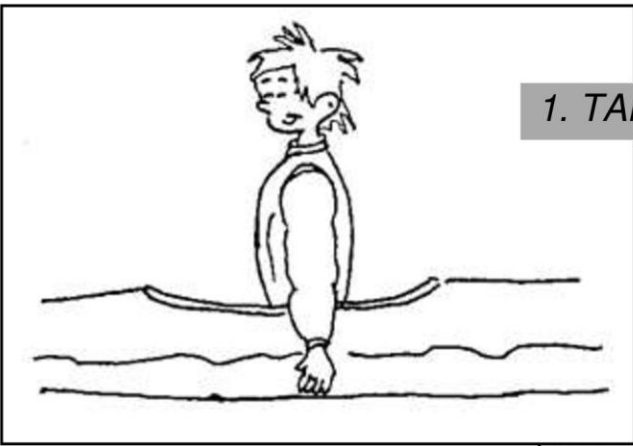


PLEASE NOTE: GROSVENOR ROAD IS A RED ROUTE WITH NO STOPPING BETWEEN 8AM AND 7PM DURING THE WEEK, OUTSIDE OF THOSE HOURS, AND AT WEEKENDS, ANY SECTION WITH SINGLE RED LINES IS FREE TO PARK ON. AVOID ALL SECTIONS WITH DOUBLE RED LINES.

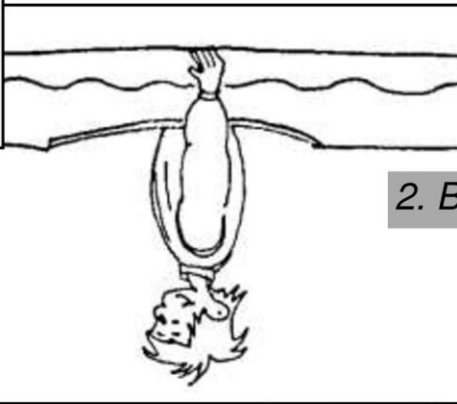
020 7821 7389

www.westminsterboatingbase.co.uk

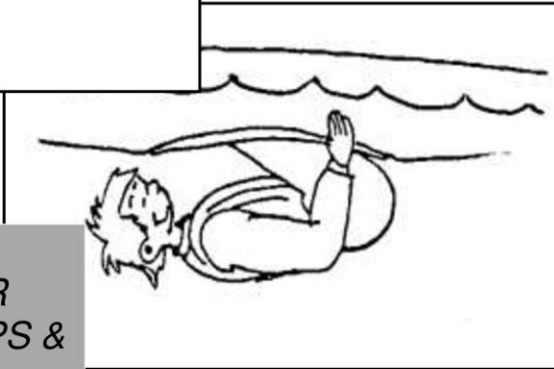
*Adam White
Chief Instructor
Westminster Boating Base*



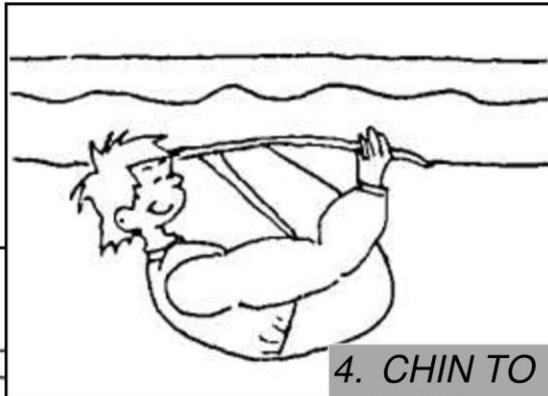
1. TAKE A DEEP BREATH



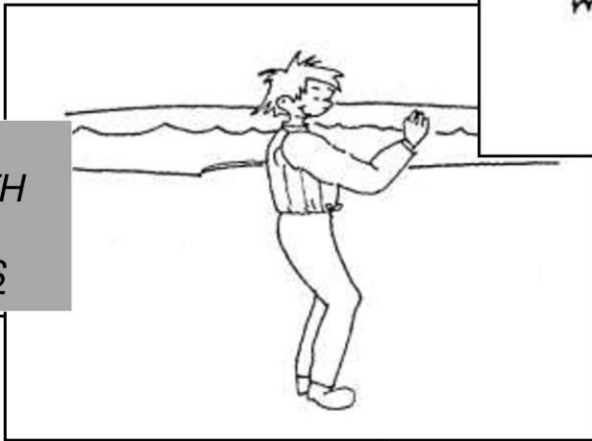
2. BANG THREE TIMES



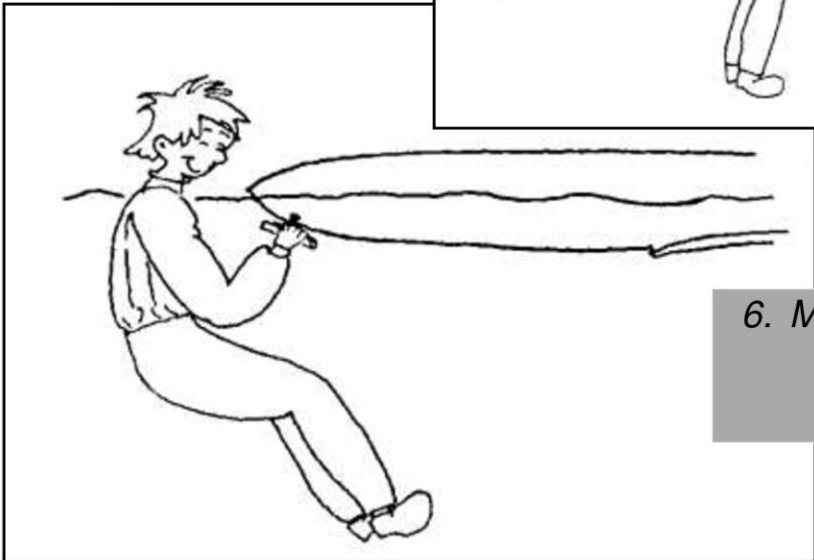
3. LEGS TOGETHER HANDS BY HIPS & PUSH



4. CHIN TO CHEST --- ROLL FORWARDS

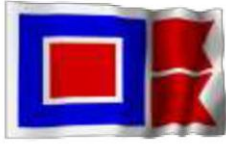


5. KEEP IN CONTACT WITH KAYAK AT ALL TIMES



6. MOVE TO THE END OF YOUR KAYAK AND HOLD THE TOGGLE
✓ DON'T FORGET YOUR PADDLE !

Capsize Drill



KAYAK CLOTHING

The clothing worn for kayaking must always be appropriate for the weather conditions – and you must always have a spare set of clothes left in the building in case you get wet. You will not be allowed out on the water without suitable clothing.

Westminster Boating Base insist that soft soled shoes, trainers or neoprene shoes should be worn at all times in case you have to get out of your boat.

Life Jacket



At WBB we wear buoyancy aids rather than life jackets. The difference between the two is that a lifejacket keeps you floating on your back in order to keep your face out of the water, as the majority of the buoyancy is on the chest area. This is in case of unconsciousness. Buoyancy aids, are less restrictive so are more appropriate for active watersports and enable you to swim. When kayaking you will never be too far from land or out alone so buoyancy aids are the most suitable option.

Buoyancy Aid



What is appropriate clothing?

Winter Season (1st Nov – 31st March)

- Winter Weight Wetsuit (5mm)
- Drysuit
- Thermal Underwear
- Cag
- Neoprene Shoes or Boots
- Thermals
- Thermal Hat
- Spraydeck

Summer (1st April – 31st October)

- T-Shirt
- Shoes
- Jumper (if cool)
- Swimming shorts
- Sun Tan Lotion
- Hat
- Possibly a shorty wetsuit



Dry Trousers



Dry top / Cag



Shorty Wetsuit



Spraydeck



Board shorts



Thermal undergarment

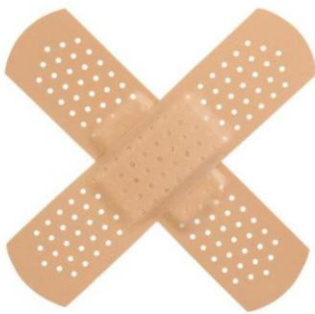
Another option for winter clothing is a drysuit; these are completely waterproof suits covering your whole body keeping you dry. Under these you will need warm clothing.

The summer clothing above is just a guideline. English summers can be very temperamental so remember that you always need to look at a weather forecast before you go out on the water.

Weil's Disease & Leptospirosis

Leptospirosis is a disease caused by organisms in animal droppings – particularly the urine of the rat. Some very few cases also develop jaundice, when the condition is known as **WEIL'S DISEASE**. It is **extremely** rare to catch Leptospirosis and even more rare that this develops into Weil's disease. You are extremely unlikely and would be very unlucky to develop Weil's disease through sailing and canoeing the central Thames.

Leptospirosis is a bacterial infection transmitted to humans from direct exposure to animal droppings and urine or indirectly from environments contaminated by them such as rivers canals or lakes. It is caught through skin abrasions and cuts, or through the eyes, nose or mouth.



SYMPTOMS

The incubation period for Leptospirosis in humans is usually between 7-12 days, although it may occasionally be as short as 2 days or as long as 30 days. The symptoms are flu-like and, typically, they may include:

- fever
- sudden headaches
- muscle pains in the back and calves
- muscle tenderness
- nausea

If you fall ill with any combination of these symptoms tell your doctor immediately that there may be a risk of Leptospirosis. Your doctor will advise you on the next course of action which may include a blood test or treatment with antibiotics which, during the first few days, help limit infection. Many cases recover without specific treatment.

IF IN ANY DOUBT CONTACT YOUR DOCTOR EARLY

BETTER SAFE THAN SORRY

Prevention being better than a cure, you should cut down even the tiniest risk by:

- **COVERING ALL CUTS AND GRAZES WITH WATERPROOF STICKING PLASTER BEFORE TAKING TO THE WATER**
- **ALWAYS WEARING FOOTWEAR TO AVOID CUTTING THE FEET**
- **AVOID CAPSIZE DRILL OR ROLLING IN SLOW MOVING OR STAGNANT WATER**
- **CONSUMPTION OF FOOD AND DRINK ON THE WATER SHOULD BE AVOIDED WHERE POSSIBLE**
- **ALWAYS SHOWER AFTER WATERSPORTS**



Safety Rules

Before you begin your watersports at Westminster Boating Base there are a few rules you must be aware of for your own safety:

- You must **NEVER** go beyond the top of the bridge without your buoyancy aid on. It must be fully zipped and the buckles or drawstrings fastened. It must not be loosened until you again reach the top of the bridge.
- **Never** sit on buoyancy aids because it breaks down the interior foam.



You must wear trainers or specific watersports footwear. The wood on the pier and pontoon can give you very bad splinters. The river bed has sharp stones and glass which can cause injuries.



Always listen to your instructors – they have your best interests at heart.

- Always shower at the end of any session.
- Showers can be slippery places. **Do NOT** fight, flick towels, push or shove in the showers as it can be quite serious if someone slips over.



FIRE DRILL

If there is a fire then you will hear a siren. Leave the building by the nearest fire exit. You will be supervised and **MUST** do as you are told. Do not return to the building for any reason until you are told it is OK. Leave everything - do not bother to collect clothes or bags. The most important thing is to save your life. Gather on the lawn in front of the building until we are sure everyone is out. Tell an Instructor if you see signs of smoke or fire at **ANY** time. **WHATEVER HAPPENS — DO NOT PANIC!**



Use great caution when carrying paddles, booms or masts. Remember the end you can't see behind you. Be aware of people around you who might get injured if you turn unexpectedly.

Do not touch the fire extinguishers, except in an emergency and tell a member of staff if any are discharged.



Do not run in the building because wet floors can be slippery.



ALCOHOL

No alcohol is to be consumed on the premises at any time. Nobody will be allowed to take part in watersports activities after the consumption of alcohol.



SMOKING

Never ever smoke when you have a buoyancy aid on and never smoke in any boat. The material of buoyancy aids, and the material of sails will melt with the slightest spark.

