

# PADDLER'S SAFETY CHECKLIST

LABEL YOUR EQUIPMENT AND ACCESSORIES

KNOW YOUR LIMITS

RESPECT THE OCEAN

LEARN TO SWIM IN ROUGH CONDITIONS

PRACTICE SAFETY DRILLS

## 1. Check **weather conditions**

- 1) Wind speed/direction
- 2) Swell size and direction
- 3) High/low tide times

Lihue airport for current wind direction and speed National Weather Service	808-246-3707 808-245-6001
NOAA (National Oceanic and Atmospheric Administration) web site for current local weather	<a href="http://www.noaa.gov">www.noaa.gov</a> and enter your location.
Surf Forecast web site for surf break locations, wave heights, wind, temperature, high/low tides	<a href="http://www.surf-forecast.com">www.surf-forecast.com</a> and enter your location
Wind prediction web sites	<a href="http://www.WindGuru.com">www.WindGuru.com</a> <a href="http://www.IwindSurf.com">www.IwindSurf.com</a>

## 2. Establish and **communicate** a float plan.

- 1) Up and back (river, harbor, coastal, etc.)
- 2) One way coastal run (arranging logistics, car shuttles, etc.)
- 3) Do not paddle alone! GO WITH A PARTNER! Have a clear plan and stick to it.
- 4) Tell someone on shore what your plan is, when you're leaving and when you expect to return.

## 3. Establish and review **safety signals** with other paddlers EACH TIME you go out.

- 1) Waving paddle means "HELP!"
- 2) Holding paddle straight up means, "Here I am."
- 3) Holding paddle facing one direction means, "Go that way."
- 4) Know rights of way rules and how to safely navigate in and out of launch/landing locations.

## 4. Make sure your **Equipment** is in good condition before every outing.

1) Steering cables inspected for wear and tear, correctly secured	7) Personal flotation device
2) Plugs secured in place	8) Streamer
3) Leash: cord is in good condition and knots are tight; Velcro is attached securely and is in good condition	9) Strobe
4) Extra paddle secured correctly	10) Reflector (mirror, old CDs)
5) Whistle on your body	11) Tape for minor repairs
6) Phone	12) Footwear
	13) String/cord for steering repair in case of broken cable
	14) Small piece of rubber to secure rudder in case of broken cable

## REAL SCENARIOS to learn from:

1. Boat disassembles
2. Break or lose paddle
3. Break steering cable
4. Buckled/broken hull, ama, or iako
5. Broken leash and boat blows away
6. Medical situation: dehydration, cramps, glucose, respiratory, cardiac

- Try to stay calm and DO NOT PANIC! Talk yourself through what you know to do.
- Head towards safety on shore away from surf line, reefs.
- Try to communicate with someone
  - Yell
  - Blow whistle
  - Wave paddle with bright jersey wrapped around it
  - Float a streamer
  - Use reflector
  - Flash strobe light
  - Call 911