



Document revised	April 2026
Next revision Date	April 2027

## SHROPSHIRE PADDLESport CLUB

### WEARING OF BUOYANCY AIDS AND HELMETS CLUB POLICY

It is the Club's policy that all paddlers **MUST** wear a buoyancy aid at all times when on the water. There are no exceptions to this policy. Members on the bankside are **advised** to wear a buoyancy aid.

Only **NEW** safety equipment is purchased for the use at the club.

British Canoeing advises that helmets are not a necessity for every paddlesport activity, and considerations should be taken around appropriate head protection gear for each activity. Where participants wear religious headscarves, have a hairstyle or texture (e.g. Afro or dreadlock hair) which makes wearing a helmet impractical, or other examples where wearing helmets may be more complex, possible solutions or alternatives should be considered. At no point should the wearing of a helmet be a barrier to inclusion.

Helmets **SHOULD** be worn in the following scenarios:

- On all grade 2 and above water regardless of type of craft and subject to local risk assessment
- Surfing.
- Paddling among rocks or in sea caves.
- During rescue practice.

- During pool sessions.
- Playing games including canoe polo where accidental contact may be made.
- SUP paddlers **MUST** wear helmets when paddling at the Club during Club sessions where mixed craft and novice paddlers are also present.

Helmets must conform to CE EN 1385 standard, be the right size, properly adjusted to be comfortable and give you good vision. Always follow the manufacturer's recommendations.