

## Health and Safety guidelines, rules and regulations

Your safety is paramount to us. Please read our Health and Safety advice and other guidance as they are for your safety and the enjoyment of your trip.

Please do not hesitate to ask any questions relating to your canoes, other equipment and the river or canal.

1. If you or any of your party have any health issues such as asthma, diabetes, epilepsy or heart disease this should be discussed with us before your trip.
2. If you are, or think you might be pregnant, please seek medical advice regarding the suitability of this pursuit.
3. Maximum weight per canoe is (350kg).
4. Children under the age of 8 years are not allowed to participate on the river. Children under 6 are not allowed to participate on the canal. At any age a suitably fitted buoyancy aid must be worn.
5. Anyone under the age of 18 must be accompanied by an adult. Adult to child ratios required: children between 6 and 12, 1 adult to one child: with respect to children between 13 and 17 we ask that you discuss the ratio of children to adults with ourselves.
6. Minimum age to hire is 18.
7. All participants must be able to swim for at least 30m on river trips and at least 15m on canal trips.
8. Canal etiquette dictates that larger vessels have the right of way and it is usual to pass on the right hand side (the opposite to UK driving) where possible. Use clear hand signals if necessary.
9. No fishing is allowed unless you have the appropriate permit to fish on the stretch of the river your journey takes you on and you are required to carry, and produce on request, a National rod license.
10. Please arrive 20 minutes before your allocated launch/transport time, allowing time to be fitted with buoyancy aids, fill out the hire agreement and receive your health and safety briefing. If you are late, unfortunately we may have to leave without you, meaning your trip may have to be cancelled or re-scheduled.
11. Buoyancy Aids must be worn at all times whilst you are canoeing. The buoyancy aids that we have range in size from chest size of 25" to 59" anyone above this size will have to bring a suitable buoyancy aid to be allowed to paddle. Buoyancy aids for dogs are not provided.
12. Please return all hired equipment, buoyancy aids and paddles as these are your responsibility and you will be charged for in full if lost or stolen.
13. Please only get out of the water for stoppages at designated places whilst on the river, you will be advised of these before the start of your journey. Typical Stake →  
Obviously if a matter regarding your safety arises then you should stop as and when required.
14. Alcohol must not be consumed before your trip; we strongly advise that you refrain from drinking until the end of your paddle. Anyone deemed by our staff to be unfit to paddle will not be allowed to take part. We discourage large amounts of alcohol being taken on the river and have the right to confiscate it until you return.



# TRENT ADVENTURE



## **Additional Guidance:**

### **Guides.**

At certain times and by prior arrangement, we may be able to provide a river guide to accompany you on your trip. Please note this service is only available by booking in advance.

### **Dogs.**

To be allowed only by prior arrangement.

### **Mobile phone coverage.**

Please be aware that mobile phone coverage on the river is mixed for a lot of the major networks. We will provide you with our contact numbers.

### **What to wear and spare equipment.**

Loose clothing. i.e. T shirts, trainers or flip flops. Please be aware when the sun is out it will reflect off the water making it very hot, so please dress accordingly to minimise risk of heat stroke and sunburn. Also weather conditions can change very quickly on your journey. As this a physical activity it may be advisable to bring an option of layers of clothing also bring a change of clothes just in case.

### **Food and drink**

This can be organised for you with prior arrangement if required, otherwise a drink, chocolate bar, snack or picnic, especially if you are not planning to stop off at a pub en-route. Suitable sunscreen is also recommended.

### **Do not bring:**

Expensive jewellery. Watches, cameras, video cameras etc if not waterproof. We cannot be held responsible for any loss or damage to any of your effects.

### **Rubbish.**

As per the countryside code please protect the countryside and wildlife by not leaving rubbish on the river banks or by dropping it in the river. Bring it back with you and we will dispose of it for you.

### **Campsite.**

The use of our field is by prior arrangement; please respect other campers and neighbours with considerate behaviour during your stay.

Camp fires only in designated fire pits please.

We hope that following these simple rules will help you have a great but safe Adventure.

Thank you

Trent Adventure Team.