

Things to take in a waterproof bag to go in the canoe:

- first aid kit
- torch
- spare batteries
- waterproofs
- spare clothes
- cold drink
- sun protection
- sun hat
- mobile phone



Help!

Try to take a mobile phone, make sure it is charged and know your number.

Useful numbers

Emergencies	999
<i>Coastguard, Police, Ambulance, Fire</i>	
Problems/advice	Broads Radio Control
<i>Broads Authority</i>	01603 756056
Police	0845 4564567
<i>non-emergency number for crime and anti-social behaviour</i>	

If you have to telephone in an emergency be as specific as possible about your location. Give:

- the name of the boat
- how many people are on board
- the name of the river
- the nearest village
- any nearby landmarks/post number
- the nearest 24 hour mooring site - this may include a grid reference



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Further information, Byelaws and Better Boating DVD available from the Broads Authority, Dragonfly House, 2 Gilders Way, Norwich NR3 1UB tel 01603 610734 fax 01603 756069 broads@broads-authority www.broads-authority.gov.uk



Canoeing



Broads Authority
The Broads - a member of the National Park family

Planning your trip

Canoeing or kayaking is not only a wonderful way to explore the broads and rivers, but can provide a great chance to see the more reclusive wildlife such as otters. This leaflet will help you enjoy canoeing, keep safe and look after The Broads.

- If you don't have your own boat there are numerous places to hire them throughout The Broads.
- If you are using your own boat you must have a Broads Authority licence to use the navigable waters of the broads and rivers. If you are a British Canoe Union member you are exempt from this provided your membership sticker is clearly displayed on the canoe and you carry your membership card with you.
- To find out about The Broads, and for info on canoe hire and launch sites visit the Broads Information Centres or www.broads-authority.gov.uk.
- The **British Canoe Union** will be able to help you with information and advice too - www.bcu.org.uk. It also provides approved and certificated training which we particularly recommend for kayakers.

At home

- Make sure you have suitable equipment in good order.
- Take a buoyancy aid, high visibility clothing and footwear to protect your feet.
- Take into account the weather forecast, tides, water flows and levels in relation to your equipment and your ability and that of others if you are in a group.
- Beware of Weil's disease (leptospirosis) - cover all cuts and grazes with waterproof plasters. It is a very rare but serious infection with flu-like symptoms. If you have any concerns seek medical advice immediately.
- Let someone know where you are going and when you are safely off the water.

At your launch site

- Don't cause an obstruction when parking. Don't obstruct footpaths with your gear.
- Make sure you have permission to use the site and always use the designated paths.
- Launch and land with care where the bank-side has natural vegetation.
- Clean your hands with antiseptic wipes before eating or drinking.
- Take your rubbish home and recycle where possible.

On the water

- Always wear a buoyancy aid.
- Please follow the rules of the river and stay on the right hand side of the river.
- Canoes are light and easy to tip over. Keep the canoe balanced at all times. Step into the middle when getting in and out. Don't lean over and don't hit the bank.
- Be aware of potential blind spots for other river users - although you might be able to see them, they might not have seen you.
- Look out for anglers. Remember to stay on the right hand side of the river but ask their advice if concerned about their gear.
- Be courteous when entering other designated water sports zones and if possible arrange training at alternate times.
- Paddle gently and at a distance from wildlife to minimise disturbance.
- Don't drink alcohol while out on the water - judgement is impaired, awareness and reaction times are reduced, you're more likely to trip, slip and fall, or capsize - and if you fall in it's very difficult to swim.
- Never enter the water to rescue someone - reach, or throw a rope or anything that will float.