

TAUNTON CANOE CLUB REGULATIONS FOR POOL AND SURF

COACHING AND ROLLING



Buoyancy aids are encouraged to be worn in the pool at all times!



Rash vest tops or T-shirts and shorts are to be worn.

This applies to **everyone** in the pool, whether you are coaching, learning, or just there for your own enjoyment

SURFING

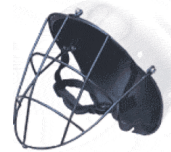
ALL Paddlers under the age of **18 MUST** wear a helmet for surfing. However, it is recommended that paddlers of all ages wear helmets. If the most qualified instructor feels that the surf is small enough not to wear helmet then there is a small amount of flexibility.

If you go on a surfing trip and have not taken a helmet with you and the decision is made that helmets must be worn, you will not be allowed on the water.



POLO

Canoe polo comes under BCU & ICF Rulings, which we have to abide to.



Everyone must wear helmets with faceguards.

Paddles must be at least 5mm thick



Buoyancy aids must have side padding

Rash vests/T-shirts covering upper arms must be worn by all players



Kayaks have to meet specifications:
All kayaks have to have padding at least 50mm wide & 100mm down the sides