

SAFETY
ON THE
WATER



Paddlesports

Safety guidelines for kayaking, canoeing and sit on tops

marine safety working group

Aim

To use its collective expertise and experience to create and communicate marine safety information and messages to endeavour to reduce accidents and to prevent the loss of life on Irish Waters.

Objectives

- ✓ To establish strong working relationships with other National and Local Organisations
- ✓ To create/promote accident prevention programmes.
- ✓ To establish cause and trends in accidents at sea.
- ✓ To develop accident prevention programmes.
- ✓ To provide a co-ordinated approach to the dissemination of safety information in response to individual enquiries.
- ✓ To measure effectiveness of prevention programmes.

www.safetyonthewater.ie

The MSWG would like to thank the following people and organisations for their support in the production of this publication:

Irish Canoe Union

Ciaran Maguire (Total Experience).....Photos on cover & P4

Des Keany (Deep Blue Sea Kayaking)Photos on P11,15 & 29

RNLIPhotos on P6, 13, 16,20, 21 & 24

Irish Coast GuardPhotos on P23



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Preparation is the key to safe canoeing and kayaking. Getting the right canoe or kayak, knowledge of weather conditions, sea conditions, rivers, canoeing and kayaking skills, appropriate clothing and safety equipment are essential

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Knowledge can be the difference between life and death, so familiarise yourself with capsize procedures, distress signals and first aid.

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We probably can’t answer all your questions in this booklet, so we’ve included a list of people who may be able to help.



getting started

Get the right boat

Canoes & Kayaks come in many shapes and sizes each designed to perform best on a particular type of water or in a particular role.

Kayaks

Kayaks are closed boats with an open cockpit. They are normally used with a spraydeck which prevents water from getting into the kayak. There are a wide variety of kayaks available to suit the water conditions such as river running, surfing or sea kayaking. It is possible to self right a kayak with an "eskimo roll".

Canoes

Canoes or Canadian Canoes are open boats – they are often used on more sheltered, flat water. They are great for families as they can carry a number of people and equipment on short trips at the start or multi day expeditions for the experts. The Canadian Canoe or Open Canadian is immediately distinguishable from a kayak because it is paddled using a single bladed paddle. Canadian canoeing is particularly suited to exploring inland waterways.

Sit on tops

Sit on tops are great way to get into paddle sports. If they do capsize they are easy to right and get back onto. Modern designs come in all sorts of shapes & sizes designed for all sorts of different use from surfing to fishing.

Which one for you?

Because of the range of different types of canoes available it is important that you get expert advice. Getting the right canoe or kayak for the activity you are interested in, will not only mean you can your activity more, it is vital in assuring your safety. Trying out different types at your local club or activity centre is always a good idea. For details contact the Irish Canoe Union

In this publication we have used the generic term canoe & canoeist or paddler, when referring to all types of craft mentioned above unless specifically referring to kayaks or sit on tops.

Be realistic about the type of canoe you can handle. You will learn more and have just as much fun by starting out with a craft that is easy to handle and forgiving if you make mistakes. Remember that any canoe can capsize - sometimes when you least expect it. If you're not able to handle this situation it could be dangerous.

- ✓ There is a wide choice of canoes available. If you are unsure about which type you should be choosing, it is probably best to limit your choice to popular and well known brands. Make a shortlist and seek advice from experienced paddlers or contact the Irish Canoe Union.
- ✓ A canoe must never be overloaded – too much weight will affect its stability.
- ✓ Check specifications carefully. All canoes should have buoyancy which will keep it and you afloat during a capsize. This may be provided by sealed chambers which must be absolutely watertight, or by inflatable bags or foam which must be secured into the canoe.
- ✓ Make sure everything necessary such as paddles, spray decks and personal flotation devices are included.
- ✓ It is advisable to insure your canoe for accidents, theft, damage and third party cover, which is vital if you are involved in a collision with another canoe or swimmer. Third party indemnity is available which would provide cover should you damage anyone else's person or property.
- ✓ Your canoe should be clearly marked with your name and telephone number using a security pen for easy identification. If it is washed up without you the Coast Guard will know who to look for!



Join a Club

Ireland has a large network of canoe clubs, both around the coast and on rivers, lakes and reservoirs. Joining a club has many advantages:

- ✓ Many clubs will provide safety back-up, particularly during organised events.
- ✓ A club introduces you to people with the same interest and encourages paddling in company which is safer than paddling alone.
- ✓ Some clubs provide training courses and volunteer services for their members.
- ✓ Many clubs promote activities for children with maximum emphasis on safety.
- ✓ Clubs can also provide a good network for buying and selling secondhand equipment, such as buoyancy aids which need to be changed when children move up a size!
- ✓ For details of clubs in your area contact the Irish Canoe Union.

Master basic skills

Needless to say, it is recommended that anyone participating in watersports should be able to swim. For information on swimming lessons contact Irish Water Safety.

Before setting out you should possess sufficient skill to paddle safely. This means a basic knowledge of wind and weather conditions, basic boat handling skills, launching and landing, understanding tides, self-rescue techniques and maintenance and care of the craft and equipment.

The best source for this information is through an Irish Canoe Union approved training course. The Irish Canoe Union offers a range of training courses at introductory intermediate and advanced level. These courses are run through a network of clubs and outdoor pursuits centres around the country. For information contact the Irish Canoe Union

Dressed for action

Canoeing is a watersport so the chances of getting wet are high - however when you go paddling you should try to stay as dry and warm as possible, whatever the weather. To do this you should wear suitable clothing that is fully functional and will protect against the debilitating effects of the cold.

- ✓ The effects of wind chill and cold water mean there are few days when you can paddle in Ireland without protective clothing. It is never as warm on the water as on the land and it may rapidly become much colder.
- ✓ Protective clothing should always be taken with you as a precaution, even when you set out on the hottest day of the year.
- ✓ A neoprene wetsuit protects against cold water and wind. To be effective it should be a good fit preferably with zips. The wetsuit may be worn with a cagoule - a loose fitting, windproof dry top to aid heat retention in colder weather.
- ✓ An alternative to a wetsuit is to wear a drysuit. It should be worn over fleece mid and base layers. The disadvantage is that you risk getting wet through if you capsize, with the extra weight of sodden clothing impeding your ability for selfhelp.
- ✓ Neoprene boots are strongly recommended. They will provide grip when moving around on shore, protect your feet and ankles from injury while launching and help to keep your feet warm.
- ✓ Thermal headgear can play a major role in helping to conserve body heat. A watersports helmet will be almost as warm and is strongly recommended as protection at all time of year.
- ✓ Even in Ireland the sun can be a potential hazard. Before setting off on a sunny day apply plenty of sun cream, wear a hat & sun glasses and drink plenty of water.

Lifejackets & buoyancy aids

You are required under Irish law to always wear a lifejacket or buoyancy aid when canoeing. It must be a good fit, have secure fastenings and provide sufficient buoyancy to support your weight. All lifejackets and buoyancy aids should be labelled with the European standard CE or ISO mark.

Lifejacket and buoyancy aid flotation is measured in newtons – 10 newtons equal 1kg of flotation.



Buoyancy aids with 50 newtons are only for use by swimmers in sheltered waters when help is close to hand. Unlike lifejackets they are not guaranteed to turn a person from a face-down position in the water. Their advantage is that they provide a much closer fit which is likely to be less restrictive when paddling. Buoyancy aids should be clearly labelled with the weight range they are designed to support. Buoyancy aids may have more than 50 Newtons, for example 70 Newtons, but will still be classified under 50 Newton, until the buoyancy reaches the next standard level, for example 100 Newton.



Lifejackets with 100 newtons are designed for those who may have to wait for rescue but are likely to be in sheltered and calm water. They are available with a choice of foam-only buoyancy, air-only buoyancy or air-foam buoyancy. The disadvantage of a lifejacket is that it may be too bulky when paddling.



Lifejackets with 150 and 274 newtons are designed for use in more exposed conditions like open lakes and at sea. Due to their bulk they are unlikely to be suitable for use in most canoeing activities.

Get noticed

When you are in a canoe you are very low in the water and may be difficult to spot from another boat. Having a kayak in a bright colour will help you get noticed. Wearing brightly coloured clothing and buoyancy aid will help to be seen even in the event of you getting separated from your canoe.

Safety equipment

Carry some basic emergency equipment. What you take will depend on the activity you are taking part in and the type of water you are on. At a basic level you should consider the following;

- ✓ A knife.
- ✓ A whistle & waterproof torch for attracting attention. A dayglo flag will make it easier for rescuers to see you.
- ✓ On open water - a set of small mini flares or day/night flares take up little space. These should be in date and do ensure you know how to use them.
- ✓ A waterproof watch, so you can tell how long you have been on the water.
- ✓ First aid kit.
- ✓ Tow line.
- ✓ Throw bag.
- ✓ Spare paddle(s).

Modern communications?

Waterproof hand-held marine VHF radios are becoming smaller, more affordable and robust. They have a range of up to 5 or 6 miles at sea level and can be used to communicate directly and quickly with the Coast Guard, lifeboat and rescue helicopter services as well as other craft on the water. The rescue services can also use them to pinpoint your position. Although they are easy to use, these require an operator's certificate (a one-day course) and an annual licence. For more details contact the ISA.

Some canoeists carry their mobile phone (protected by a suitable waterproof case) when paddling. Be aware that in remote locations and at sea these can be unreliable because you may not be within range of a mobile phone transmitter/receiver, so it may be difficult to contact the rescue services. Mobile phones cannot be used to pinpoint your position.



on the water

Planning your trip or activity

Being a canoeist means taking responsibility for your actions every time you go paddling. Match your knowledge and skills to the conditions and never put yourself or others at risk. If you stick to that policy, you will have a great time!

- ✓ Be realistic about your limitations when it comes to technique, equipment and fitness. Make sure you are sufficiently experienced to paddle in the conditions and location. Consult other canoeists and be prepared to postpone or abandon your plans.
- ✓ Think carefully about the suitability of your canoe for the particular conditions you are planning on paddling in. Don't exceed the limitations of your canoe.
- ✓ Check the conditions expected on the water during your trip. Remember that depending on where you are going, wind, tides and recent rainfall can all have significant effects on the state of the water. Be prepared to change plans.
- ✓ Leave details of your plans with a reliable person on shore. This should include **WHEN** and **WHERE** you are launching, **WHERE** you are going, **WHEN** you expect to be back. Plus a **DESCRIPTION** of the who is on the trip and what type and colour of canoes they are using. If you don't get back, it's nice to know someone will raise the alarm. Make sure they know who to contact and how.
- ✓ River estuaries often look placid but may be subject to strong rip currents extending considerable distance out to sea. Local knowledge should be sought and caution exercised against hazards caused by rapid "drying out" of mud flats which may cause difficulties.
- ✓ White Water rivers are generally graded. By their very nature, such grading systems are to some extent subjective and may change suddenly with fluctuating river levels.
- ✓ Be aware and take account of any other constraints within which you will have to work e.g. tides, time, river currents etc.
- ✓ Always canoe with others. "Fewer than three there should never be" is a long established & fundamental rule of canoeing.
- ✓ Don't forget to boost your energy by snacking on fruit bars, dried fruit or bananas, and keep well hydrated. Drink plenty of water both before paddling and after! Avoid injury by stretching, warming up, staying fit and developing good paddling techniques.
- ✓ Careful consideration should be given to the dangers associated with polluted or contaminated water and be aware of the dangers of Blue/Green Algae and the causes and early symptoms of Weil's Disease.

Paddling on the sea and large lakes

People paddling on the sea or large lakes may be going on a trip, surfing or even going fishing. Extreme caution should be exercised if you are considering using an open canoe on the sea and large open lakes. Their use in anything except flat water should be left to the most experienced canoeists.

The types of canoes used generally fall into the following categories:

- ✓ General purpose kayaks - used for river running and for short coastal trips
- ✓ Sea kayaks – designed for longer trips
- ✓ Surf kayaks – specifically designed for surfing
- ✓ Sit-on-tops – generally used close to shore and on flat water

Launching & landing

Before you launch from a new spot, it's wise to seek advice about the local conditions, tides and hazards from local paddlers. Don't rush into launching; watch the other paddlers to see where they are launching, landing and how they are coping with the conditions. If in doubt, don't go out.

- ✓ Choose a launch spot which is clear of boats, rocks, swimmers and other obstructions. Remember that you may not be fully in control of the kayak when launching and landing in waves.
- ✓ Breaking surf can be very dangerous unless you understand its behaviour. Dealing with shorebreaks is for competent paddlers only! The waves will usually be smallest at low tide, and the windward end of a beach will generally have the least surf.
- ✓ Beware offshore winds! More on this later.



Tide check

When paddling at the coast it is important to understand the effects local tides can have on your activity or trip.

Knowing when high and low water is will assist you in avoiding any rocks or sandbars that will become a problem as the waters recede. You also need to ensure that your launch and recovery points will remain accessible.

Tidal flows (currents / tidal streams) can have a serious impact on slow moving kayakers. Plan your trip so that you are travelling with the tidal flow or in slack water this will mean you don't end up going backwards. If the tide and wind are coming from different directions (wind over tide) you may find they produce rougher seas. If the tide turns while you are afloat this can turn what were smooth waters into difficult conditions very quickly.

You can find out when high and low water occur from local tide tables. Predicting tidal flows are more difficult as they are affected by local geography. Consult local kayakers, use a publication like the Irish Cruising Club's Sailing Directions or "Oileáin, a guide to the Irish islands" or do one of the courses run by the Irish Canoe Union or ISA.

Do remember that tidal range and currents will be larger at spring tides, this will increase the effect that they have on.

Wind directions

Offshore winds can mean danger! Most rescues are caused by paddlers being blown out to sea in an offshore wind. Don't join the statistics!

Never paddle in an offshore wind unless you are extremely competent and familiar with the local conditions. (And even then, you should never go out alone.) The biggest danger with offshore winds is that everything seems so calm and quiet by the shore, but as you get further out the wind gets progressively stronger and the water more choppy, making it much more difficult and tiring to get back.

Onshore winds can mean crunch time. Although the risk of being carried out to sea is much less in onshore winds, these conditions can also cause their own problems. An onshore wind which is blowing straight onto the beach can make launching and landing difficult or dangerous if waves are breaking on the shore. The steeper the beach, the bigger and more dangerous the waves are likely to be. Onshore surf is the most difficult to negotiate, so is very much for experts only.

- ✓ Watch the tide. Having launched through small waves on smoothly shelving sand at low water, you could return to find huge waves dumping on to steep shingle at high water.

Weather warning

Remember that the wind may change direction to blow further onshore or offshore while you are out. This is why it is important to have checked a forecast before venturing out – if there is a risk that the wind may swing offshore later in the day you should think twice before venturing out. You should also check whether the wind is likely to increase or decrease during the day. (Bear in mind that an onshore breeze will almost always die away to nothing late in the afternoon.) In addition to the regular TV forecasts, more specific marine forecasts are available through:

- ✓ Weatherdial - **1550 123 855**
- ✓ Weatherfax - **1570 131 838**
- ✓ **www.met.ie** or **mobile.met.ie** from your phone
- ✓ Teletext
- ✓ Irish Coast Guard Weather forecasts - announced on VHF channel 16 with the Coast Guard radio station's working channel normally used for broadcasts
- ✓ National and local radio and TV



On the water

- ✓ Don't paddle far out from the shore - you will quickly become invisible to those on the shore, particularly if you are up-sun of them.
- ✓ Never paddle in poor visibility or risk being caught by nightfall
- ✓ Watch out for weather changes. A line of cloud (or indeed blue sky) moving in, or the build-up of dark towering thunder clouds can both herald major and rapid changes in wind strength and direction. If the weather starts to deteriorate, head for the shore. Big clouds can be accompanied by very strong gusts accompanied by freezing rain or hail, plus you run the risk of being struck by lightning.
- ✓ If something does go wrong, keep well organised and don't panic.
- ✓ Be realistic about the wind, waves and your ability.
- ✓ Never keep pushing on regardless. Know when to call it a day and head for the shore.
- ✓ If you capsize and can't get back into the canoe, stay with it and don't let go.
- ✓ When paddling in waves, those going out have right of way, even if the surfer or paddler coming in has to break off from a nice wave ride to give way! (Many surfing breaks also have their own local rules and priority systems - talk to other surfers at the spot to find out about these. Ignorance is never an excuse for an accident!)
- ✓ Watch out for everyone in the group. Stay within the ability of your weakest paddler.

If in doubt...

Don't go out! If you have any doubt about your ability to paddle in the prevailing conditions or fear the wind may get stronger, stay dry and be prepared to leave it for another day.



Padding on Rivers

Padding on rivers with white or rough water should not be undertaken by inexperienced canoeists. If you are setting off on trip you must know what is downstream and where you can get safely ashore ahead of any hazards. By their nature open canoes are more suited for use on flat water, usually rivers, lakes & canals. They are sometimes used on white water however this is the realm of the expert.

Before you go

- ✓ Check if the river has been graded. This will give you a good idea as to the skill and experience required to safely paddle it. See the section later in this booklet for details on river grading.
- ✓ Check that the water levels are suitable and are likely to remain so. Too little water can cause as many problems as too much.
- ✓ Recent rain in a far away catchment area can have significant effect on water levels and rates of flow.
- ✓ Familiarise yourself with any obstructions such as rapids, weirs and bridges. Always scout an obstruction before paddling it if conditions are in any way different from when you were last there.

Launch & recovery

- ✓ Before you launch on a river know where you are going to get out and check that it is accessible in the prevailing water conditions.
- ✓ If the water is flowing quickly ensure that you can identify the take out spot in time to paddle into it. Make sure that you do not get swept past.

On the water

- ✓ Watch out for snags & strainers such as trees and logs. These may be a particular hazard after the river has been in spate.
- ✓ Be aware of the hazards associated with recirculating eddies or stoppers behind boulders, weirs and low head dams. Inexperienced paddlers can be pulled into these and find it difficult to get out.
- ✓ Remember because you are so low to the water other water users may not be able to see you. Exercise care particularly on bends in the river.
- ✓ Watch out for waves or wash caused by large craft.
- ✓ Organise the group. Decide who is going first and last and stick together.

Water conditions on rivers in Ireland are graded as follows:

Grade I - Flat Water

This is either flat, open water with minimal current or water with a very slight current. There are no obstructions.

Grade II - Moderately Difficult

Rivers that have a choice of clearly evident routes. Occasional manoeuvring may be required, but rocks and medium-sized waves are easily missed by moderately trained paddlers.

Grade III - Difficult

Route is easily recognisable from the water. There are moderate, irregular waves which may be difficult to avoid. Complex manoeuvres required in fast currents. Good boat control required. Stoppers and small eddies exist. Obstructions can be numerous.

Grade IV - Very Difficult

Route is not always clear, inspection advisable. Rapids are continuous and breakouts few and small. Continual manoeuvring with precise control. Sharp decision - making required.

Grade V - Extremely Difficult

Inspection often essential and protection from the river bank possibly required. Serious dangers exist. Very complex continuous technical difficulties.

Grade VI

Almost never attempted and often exemplifying the extremes of difficulty, unpredictability, and danger. The consequences of errors are very severe and rescue may be impossible. For teams of experts only, at favourable water levels, after close inspection and taking all precautions.

Finding out what a river is graded as.

For details on a river's grading contact the local canoe club or the Irish Canoe Union. Remember the grading may alter significantly with the water level. Low water does not automatically mean lower grades as new hazards & obstructions may come to the surface.

The Beaufort Scale

Wind speed is measured in nautical miles per hour or 'knots' (1 nautical mile equals 1,853.27m or 1.15 statute miles). Wind speed ranges are divided into Wind Forces, using a system invented by Admiral Beaufort in the 1700's to describe likely conditions on the open ocean and are still used for the daily Shipping Forecasts. The description of the sea state will generally be less severe for those paddling in protected inshore waters, although the effects of tides along the coastline may create a sea state that is considerably more dangerous.

Beaufort	Description	Velocity in knots
0 Smoke rises vertically. Sea like a mirror.	Calm	Less than 1
1 Direction of wind shown by smoke drift, but not by wind vanes. Ripples like fish scales form on the sea.	Light air	1-3 (1-3 mph)
2 Wind felt on face. Leaves rustle. Ordinary vane moved by wind. Small wavelets, still short but more pronounced.	Light breeze	4-6 (4-7 mph)
3 Leaves and small twigs in constant motion. Wind extends light flags. Large wavelets. Crests beginning to break.	Gentle breeze	7-10 (8-12 mph)
4 Raises dust and loose paper. Small branches are moved. Small waves become longer. Fairly frequent white horses. Conditions not normally suitable for novices.	Moderate breeze	11-16 (13-18 mph)
5 Small trees in leaf begin to sway. Crest wavelets form on inland waters. Moderate waves taking more pronounced long form. Many white horses. Chance of spray. Conditions only suitable for experts.	Fresh breeze	17-21 (19-24 mph)
6 Large branches in motion. Umbrellas used with difficulty! Large waves begin to form. White foam crests are more extensive. Probably some spray.	Strong breeze	22-27 (25-31 mph)

Beaufort	Description	Velocity in knots
7	Near gale	28-33 (32-38 mph)
Whole trees in motion. Sea heaps up and white foam from breaking waves begins to be blown in streaks along the direction of the wind		
8 and above	Gales, storms and hurricanes	41 (47mph) and above
Winds of Force 8 and beyond are highly dangerous to paddlers. You should not venture out in these conditions.		





emergency

Calling for help

- ✓ If you are unable to perform a self rescue you should call for help before you become too tired or cold.
- ✓ If there are boats or people on shore within sight, use the International Distress Signal to raise the alarm by raising and lowering both arms either side of your body. Do not cross them over your head.
- ✓ Wave a dayglo flag or blow a whistle to attract attention.
- ✓ If you carry flares, only use them as a last resort.
- ✓ Use a marine VHF radio to raise the alarm.
- ✓ Sea kayakers may consider carrying and using an EPIRB.
- ✓ If you are on land calling for a rescue for someone else, dial 112 or 999 and ask for the Coast Guard. The service is free – the Coast Guard is there to help.

When rescue comes

If a boat comes to offer assistance, and it is not from the emergency services, they will probably never have rescued a canoeist before. Keep away from their propellor at all costs - they should approach slowly from downwind, and the engine gearshift should be in neutral while you are in close proximity with them. Tell them how you want them to approach, and then discuss how they are going to effect a rescue.

Being rescued may mean having to abandon your canoe (which should of course be insured). If it's not washed ashore you should inform the Coast Guard as soon as possible, giving a description and approximate position.

First aid

Having a first aid kit with you and understanding how to administer first aid could help save a life. The ISA and Irish Water Safety Association can provide details of first aid courses which are specifically oriented to watersports.

Hypothermia

Hypothermia is the greatest potential danger for paddlers Irish waters.

First stage: Shivering, looking cold, complaining of cold. Time to head for shore and get into a warm place without delay!

Second stage: Lethargy, drowsiness or confusion followed by numbness, cramp, nausea, slurred speech and loss of consciousness. If these symptoms are untreated they can lead to death.

- ✓ If a person complains of the cold or shows any symptoms of moving towards the

second stage of hypothermia, get them off the water as soon as possible.

- ✓ Get them out of the wind and warm them up with dry clothing/coverings and warm drinks, but never alcohol.
- ✓ If their condition deteriorates or fails to improve, seek urgent medical attention.

Artificial resuscitation

Suspected drowning is extremely rare. However, if someone appears to have stopped breathing due to being in the water, speed is crucial in maintaining oxygen to the brain. Check for breathing by placing your cheek beside the casualty's mouth and looking at their chest. If there is no sign, begin immediate artificial resuscitation. This technique should be learnt through a first aid course.

Concussion

A bang on the head can easily lead to concussion or loss of consciousness. Wearing a watersports helmet lessens the risk and keeps your head warm on a cold day!

Drink and drugs - don't do it!

Alcohol will impair your judgement when paddling. Alcohol makes you feel warmer by opening blood vessels near the skin's surface, but cools your body core. Alcohol also acts as a diuretic which makes you want to pee! Beware of the side effects of any medication which may impair judgement and reduce physical ability.

Helicopter rescue

In extreme situations, you may be rescued by helicopter. Use a smoke flare or hand-held red flares as a signal to the helicopter if requested.

REMEMBER!

The emergency services are here to help, but would rather do so before you get into trouble! **FREE** safety advice is always available - call **1800 789 589**.



A person wearing a red jacket, a red helmet, and blue boots is kayaking in a body of water. The kayak is yellow and red, with the brand name 'feelfree' visible on the side. The person is holding a black paddle. The water is dark and choppy, with white foam from the waves. In the background, there are large, dark, mossy rocks. The overall scene is a coastal or rocky sea environment.

useful contacts



Royal National Lifeboat Institution

Airside, Swords, Co Dublin

Tel: 1800 789 589

Email: lifboatsireland@rnli.org.uk

www.rnli.org.uk



Irish Water Safety

The Long Walk, Galway

Tel: 1890 420 202 (Locall)

Email: info@iws.ie

www.iws.ie



Irish Coast Guard

Leeson Lane, Dublin 2

Tel: 01 6782 000

Email: irishcoastguard.ie

www.transport.gov



Irish Sailing Association

3 Park Road, Dun Laoghaire, Co Dublin

Tel: 01 280 0239

www.sailing.ie



Irish Canoe Union

Sport HQ, Joyce Way, Park West, Dublin 12

Tel: 01 6251105

Email: office@canoe.ie

www.canoe.ie

Marine Safety Working Group

The aim of the Marine Safety Working Group is to promote water safety. The group is made up of a number of organisations representing statutory bodies, search and rescue organisations and water users.

Who we are:



Department of Transport

Transport House, Kildare
Street, Dublin 2
Tel: 01 670 7444

What we do:

The government department responsible for safety of life at sea and prevention of pollution from ships.



Irish Coast Guard

Leeson Lane, Dublin 2
Tel: 01 678 5444
In an emergency call 112 or
999 and ask for the Coast
Guard.

Responsible for coordination and implementation of marine search and rescue operations, pollution control and marine radio communications in Irish waters.



Irish Water Safety

The Long Walk, Galway
Tel: 1890 420202 (LoCall)
www.iws.ie

Irish Water Safety is the statutory body established to promote water safety in Ireland. We offer courses nationwide that develop skills in swimming, survival and rescue. We recommend that all members of the public learn swimming and lifesaving skills.



Irish Sailing Association

3 Park Road, Dun Laoghaire,
Co. Dublin
Tel: 01 280 0239
www.sailing.ie

We are the governing body representing sailing, windsurfing, powerboating and personal watercraft in Ireland. We offer a range of training courses for all types of recreational boaters through our network of affiliated clubs and training centres.



Royal National Lifeboat Institution

RNLI Ireland, Divisional Base,
Airside, Swords, Co Dublin
Tel: 1800 789589
www.rnli.ie

We exist to save lives at sea. This is achieved by providing a fleet of lifeboats, with 24-hour cover and crewed by well-trained volunteers. In addition, we work with other national organisations to promote sea safety. We are funded by voluntary donations and legacies.

Who we are:



Bord Iascaigh Mhara
Irish Sea Fisheries Board

Bord Iascaigh Mhara

PO Box 12, Crofton Road,
Dun Laoghaire, Co. Dublin
Tel: 01 284 5144
www.bim.ie

What we do:

We are the principal development agency for the Irish seafood Industry and promote safe working practices for the industry which involves fisheries training for both new entrants and practitioners, developing codes of practice, production of training materials and trials of preventative measures against risk on board fishing vessels.



Health and Safety Authority

10 Hogan Place, Dublin 2
Tel: 01 614 7000
www.hsa.ie

The Health and Safety Authority promotes and enforces good standards in workplace safety. Working with employer and worker representatives, it seeks to ensure that those in control of workplaces adopt safe working practices, as required by law.



Waterways Ireland

20 Darling Street, Enniskillen,
BT74 7EW, Northern Ireland
Tel: 048 66 323004 (ROI)
028 66 323004 (NI)

Waterways Ireland is a North/South body responsible for the management, maintenance, development and restoration of inland navigable waterways, principally for recreation purposes. The body has its headquarters in Enniskillen, with regional offices in Scariff, Carrick-on-Shannon and Dublin.

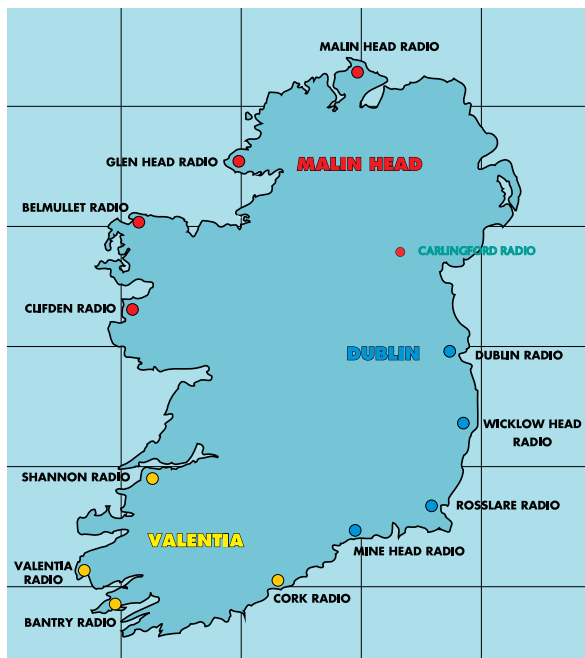


Met Éireann

Glasnevin Hill
Dublin 9
Tel: 01 806 4200
www.met.ie

Met Éireann is the Irish National Meteorological Service and is attached to the Department of the Environment, Heritage and Local Government. It is the leading provider of weather information and related services for Ireland.

Irish Coast Guard Services



Name of craft:

Address of the Maritime Rescue Centre which holds details of this craft:

Dublin MRCC

Irish Coast Guard Headquarters

Leeson Lane, Dublin 2

Tel: (01) 662 0922

Fax: (01) 662 0795

Email: admin@irishcoastguard.ie

If you are worried about the safety of this craft, please contact the Irish Coast Guard. In an emergency, dial 999/112 and ask for the Coast Guard

Maritime Rescue Centres and Coast Radio Stations

Dublin MRCC

Irish Coast Guard
Leeson Lane, Dublin 2
Tel: (01) 662 0922
Fax: (01) 662 0795

Valentia MRSC

Valentia Island, Co. Kerry
Tel: (066) 947 6109
Fax: (066) 947 6289

Malin Head MRSC

Malin Head, Co. Donegal
Tel: (074) 937 0103
Fax: (074) 937 0221

The IRCG Yacht and Boat Safety Scheme is designed to help the emergency services identify you and your boat in the event that you get into difficulties.

How to join the Yacht and Boat Safety Scheme - it's free and could help save your life.

- ✓ Complete the card on the back page of this booklet in ink and send it to the Irish Coast Guard, Department of Transport, Leeson Lane, Dublin 2.
- ✓ Enclose a recent photograph of your craft, if you have one.
- ✓ Please fill in the information on the form on the right, cut it off and give it to someone ashore who is concerned with your safety.
- ✓ If the ownership, name of craft, an address given or the craft's appearance (colour etc.) changes in any way, please inform the Irish Coast Guard.
- ✓ This card is valid for three years. If it is not renewed within that time, it will be considered invalid and removed from our records.



Also available in the Safety on the Water range

Our range of FREE Safety on the Water booklets give the essential safety information that you need - whatever you do on the water.

Sports and subjects include:

✓ Sailing ✓ Dinghy sailing ✓ Powerboating ✓ Windsurfing ✓ Diving ✓ Angling

To order any of these booklets, or to find out more about free water safety advice, contact any of the organisations listed on page 25.





Irish Coast Guard
GARDA COSTA na hÉIREANN

YACHT AND BOAT SAFETY SCHEME

Details of owner: Name: Address: Tel. No: Signature: Date: Details of shore contact: Name: Address: Tel. No:		Name of craft:	
		How and where is the name displayed:	
		Type of craft:	Type of rig:
		Sailing or fishing number:	Speed and endurance under power:
		Colour of craft:	Details of radio:
Hull above water: below water:	HF MF Trans/Rec:		
Superstructure:	VHF Channels and call sign:		
Sail:	MMSI No:		
Spinnaker:	Other equipment:		
Length: feet:			
metres:			
Details of any special identification features:	Type of distress signals carried:		
	Dinghy type:		
	Colour:		
	Life raft type:		
Usual base:			
Usual mooring:	Serial No:		
Usual activity (eg fishing, racing etc):			
Usual sea areas:	Are life jackets carried?		



AFFIX STAMP

IRISH COAST GUARD
DEPARTMENT OF TRANSPORT
LEESON LANE
DUBLIN 2