

Guidance for use of Club Kayaks and Paddle Boards

Introduction

Club kayaks and paddleboards are available for use by members when not being used for training. We want everybody to have a safe and enjoyable experience

Only go out in conditions that you are competent to go out in. Conditions vary according to the weather, wind, amount of water coming down the river and tidal flows

Beginners

The best time to go paddle boarding or canoeing is on a calm day at low tide, ideally with the sun shining. If you have not paddle board before, we encourage you to take a lesson.

Low Tide

Beginners are restricted to the area between the Promenade and New Barns. Be more cautious if paddling with children. Longer journeys are possible if you are experienced, but allow time to get back before the Bore. It is also possible to go up the wrong channel by mistake. The depth of water may be very shallow in places. Familiarize yourself with tide times, so you are back at the Dinghy Park before the tide comes in. If going out when the water is still flowing out after high tide, wait till currents have subsided before launching.

High Tide

Club paddle board should not be used at high tide.

Kayaks may be used by experienced canoeists in calm conditions at high tide. Keep within 50 metres of the Arnside shore. Wait till tidal currents have subsided before going out, watch out for the tide turning and return to the dinghy park before the outgoing tidal current increases. Whilst safety boat cover may be provided at high tide it is primarily for sailing. The safety boat may not be able to see you if you are in trouble.

Buoyancy Aids

Buoyancy Aids should be worn at all times when canoeing or paddle boarding.

What to wear

In cooler conditions wear a wetsuit. On hot summer days, some combination of swimsuit, board shorts, quick drying T shirt or rash vest and a cap to shield the sun. Wear sun cream in sunny weather. You can buy quick drying thermal or neoprene tops which are designed for paddle boarding. If windsurfing, wear a wetsuit.

Paddling with children

For children under 12 there should be one adult per child, between 12 and 16, two children per adult. Only go out with inexperienced children in calm conditions and if you are competent.

If going out with a young child have the child sit in front of you.

Choose the right board size

Choose the right board for your height and weight. Do not overload a board if paddling with children. You might need a bigger board than normal for your combined weight.

Paddle Height

The Paddle height should be adjusted so that it is about 8 inches above your height.

Learning

If you have not paddle boarded before we strongly advise you to take a lesson first. Start by kneeling on the board.

Check equipment before going out

Check that paddle boards are pumped up correctly, leashes and fins securely attached. On canoes check that bungs are in place.

On return clean the boards or kayaks. Attach paddle board leashes to the handle.

Kayak Trolleys

Kayak trolleys are available to help carry canoes down to the beach. When taking a kayak out of the water, it is easier to attach the trolley to the kayak on flat firm ground rather than on a muddy slope. It can be helpful to turn the kayak on its side to attach the trolley

Fisherman

Keep away from any fisherman. Their lines are longer than they look.

Rocks

Avoid rocks on the shore.

Quicksand

If landing on a sandbank be aware of potential quicksand.

The Siren

There are two sirens warning of the incoming tide. The first is sounded about one hour before the tide comes in. When the first siren goes off start returning to the Dinghy Park. If you are still in the water when the second siren goes off proceed to the nearest bit of shore as quickly as possible.

The Bore

On no account must club canoes and paddle boards be used to surf The Bore

Currents

Do not go out when there are strong currents. Strong currents occur when the tide is coming in or out or where there is a lot of water in the river, after heavy rain

Weather

Do not go out in conditions which you are not competent to go out in, for example if the wind is very strong or the water quite choppy.

Beginners should not go out when wind speeds are higher than 12 mph. Club canoes and paddle boards should not be used in winds stronger than 18 mph. Check the forecast before going out.

Tide Times

Tide times are shown in the dinghy park booking system which members have access to. However, times vary according to conditions.

Tide Times advertised for Arnside on websites are often inaccurate. Sometimes times are given in Greenwich Mean Time rather than British Summer Time.