

SAFETY GUIDELINES FOR CANOEING AND KAYAKING

A. Personal Safety

- 1 Using a canoe or kayak requires a certain level of expertise. Person/s intending to canoe or kayak in Singapore waters is recommended to obtain the One Star Certification from the Singapore Canoe Federation before canoeing on their own.

Users are advised to stay in a group during the sport, preferably under the supervision of a club or school.

- 2 Extend your range i.e., distance from the base at comfortable stages. Do stay near the coast.
- 3 If you are not an experienced swimmer, be certain that the persons near you are aware that you may need assistance in the event of any emergency.
- 4 Know your limitations and allow for fatigue during paddling.
- 5 Those under medication or with Medical history are advised not to participate in water sports. For certain cases, they must inform the coaches or instructors of their condition and must also carry along their medication in case of emergency.
- 6 Wear a proper life jacket/vest throughout the sport.
- 7 If inflatable Kayaks are used, it is recommended that the inflatable kayak be of ISO 6185-1 TYPE III, standard. The ISO standard has been found to be suitable for sea going conditions. The Inflatable Kayak should also bear a label with the following details.
 - (i) The total weight of persons and equipment that the kayak may carry, as recommended by the builder of the kayak;
 - (ii) The maximum number of persons the kayak may carry, as recommended by the builder of the kayak; and
 - (iii) The kayak complies with ISO 6185-1 Type III standard.

B. Safe Practices for Canoeing and Kayaking

- 1 Inform someone ashore your intended location and duration of the trip. If you are not back at the intended time, he/she must call for help.
- 2 Keep track of developments in the port through the latest charts, Port Marine Circulars and Notices. Such circulars and notices are posted on MPA's website: www.mpa.gov.sg.
- 3 Do not enter the anchorages, prohibited areas or areas outside the Singapore port limits.
- 4 Beware of tides and currents. In the event of inclement weather, the user must immediately return to shore.
- 5 Canoeing and kayaking shall be carried out during **the day**.
- 6 If there is any doubt about equipment conditions, weather conditions, or user's condition, stay ashore. **Do not take any chances.**

- 7 **Important Note:** Users of canoes and kayaks must note the movements of other vessels especially the large ones. Such vessels are limited by the manoeuvring room available in a channel or fairway. Therefore, users of canoes and kayaks should cross the channel or fairway only when it is safe to do so.

C. Check List for Care and Maintenance of Sea Worthiness

Each canoe/kayak has a distinct characteristic on the water. All users must treat the canoes with respect and keep them in seaworthy condition. In order to maintain its seaworthiness the following guidelines are recommended:

(a) Canoe Etiquette

1. Never sit or lean on a canoe except in the designated seat area once the canoe is in the water.
2. Note that sitting in the seat area on land can cause the canoe to crack.
3. Never step over the body of the craft. If you need to move to the other side, walk around the craft.
4. Canoes should not be dropped or dragged, but set down lightly.
5. Do not place any heavy objects in the craft as it may cause dents.

(b) Storage

1. Do not leave your craft in the water.
2. When not in use, remove the craft from the water and store it by turning the craft over off the ground or hanging it from the ceiling with pulleys. Do not turn the boat over and leave it on the ground as it may wear the tips over time.
3. Store the craft in the shelter as long weather exposure will wear out the craft.
4. Always tie up your craft during storage as they can be easily blown around by winds
5. Cover your canoe with a tarp. Do not put a tarp directly on a craft if you are storing it outdoor. Due to the possibility of moisture being trapped between the tarp and hull, it is best to drape the tarp like a tent using supports, to prevent discoloration or other damage to the craft.

(c) Maintenance

1. Paint or varnish your craft to remove scratches or tarnished areas about once a year. You do not have to repaint or revarnish the whole canoe since this will only add weight and lead to premature cracking. Always remove the old finish before adding any new paint or varnish.
2. A good UV protectant (a car wax or boat wax) will help slow the fading process. It also helps to maintain a slick finish, which helps to prevent scratches.
3. Treatment for protection on the inside of the hull is not recommended as it may cause the inside of the hull to be slippery.

4. Always inspect the craft thoroughly before and after use.
5. Check for any visible damages after each incident.

D. Check List for Inflatable Kayaks before use

1. Check the base of the hull for any abrasions before and after each trip. Any cuts should be repaired as necessary
2. Check safety equipment before inflation. Suitable PFD, Whistle, Patch kit (to repair any leaks that may occur), Anchor with sufficient rope, Paddles with Paddle Leash.
3. Inflate each chamber to the required pressure and check for any signs of leaks.
4. Lift the kayak at one end and ensure the kayak does not bend in the centre (A properly inflated kayak will remain quite rigid)
5. Stow the pump on or inside the kayak
6. Check the loading on the kayak does not exceed the manufacturer's certified loading capacities.

E. Emergency

In case of emergency, please contact any of the following agencies:

Police Coast Guard : Tel No. 63775539 or 63775540

**Maritime and Port Authority
of Singapore** : Tel No. 63252488 and 63252489
Marine VHF Hague Plan Channel 7

F. Singapore Canoe Federation

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