

SAFE TRAINING GUIDELINES

1. PREPARE

- **Check Conditions:** Confirm that weather, tides, and water conditions are safe and suitable.
- **Have a Plan:** Know your activity - location, start/finish time and route before heading out.
- **Bring a Friend:** Train with a buddy, in a group or have someone observe - the observer needs a reliable form of communication to call for assistance if required.
- **Gear Up Properly:** Keep your craft well maintained, wear a correctly fitted PFD and/or high-visibility vest/jacket and carry two waterproof communication devices (e.g. phone in waterproof case, PLB, handheld radio).
- **Know the Rules:** When training in harbours or open waterways, be familiar with relevant local and national bylaws.

2. COMMUNICATE

- **Tell Someone:** Let someone else know your training plan and estimated finish time e.g. coach, parent or friend.
- **Log the Session:** Record training details with SurfCom (including name and membership number) via the Patrol App, radio, or 0800 728354 - especially if training alone, in isolated areas or long distances.
- **Stay in Touch:** If the session changes (e.g., extended duration or altered course), promptly update your contact person. Let them know when your session has finished.

3. GOING SOLO?

- **Know Your Ability:** If in doubt – stay out.
- **Know the area:** Be aware of hazards and risks, and keep a look-out for potential dangers, other craft, and swimmers. If unfamiliar to an area, talk to a local.
- **Be Emergency Ready:** Be confident in self-rescue techniques. Put your name, number and an emergency contact number on your craft in case you get separated.

“TRAINING WITH A **BUDDY** IS THE BEST WAY
TO **STAY SAFE** ON THE WATER”

In it for life.