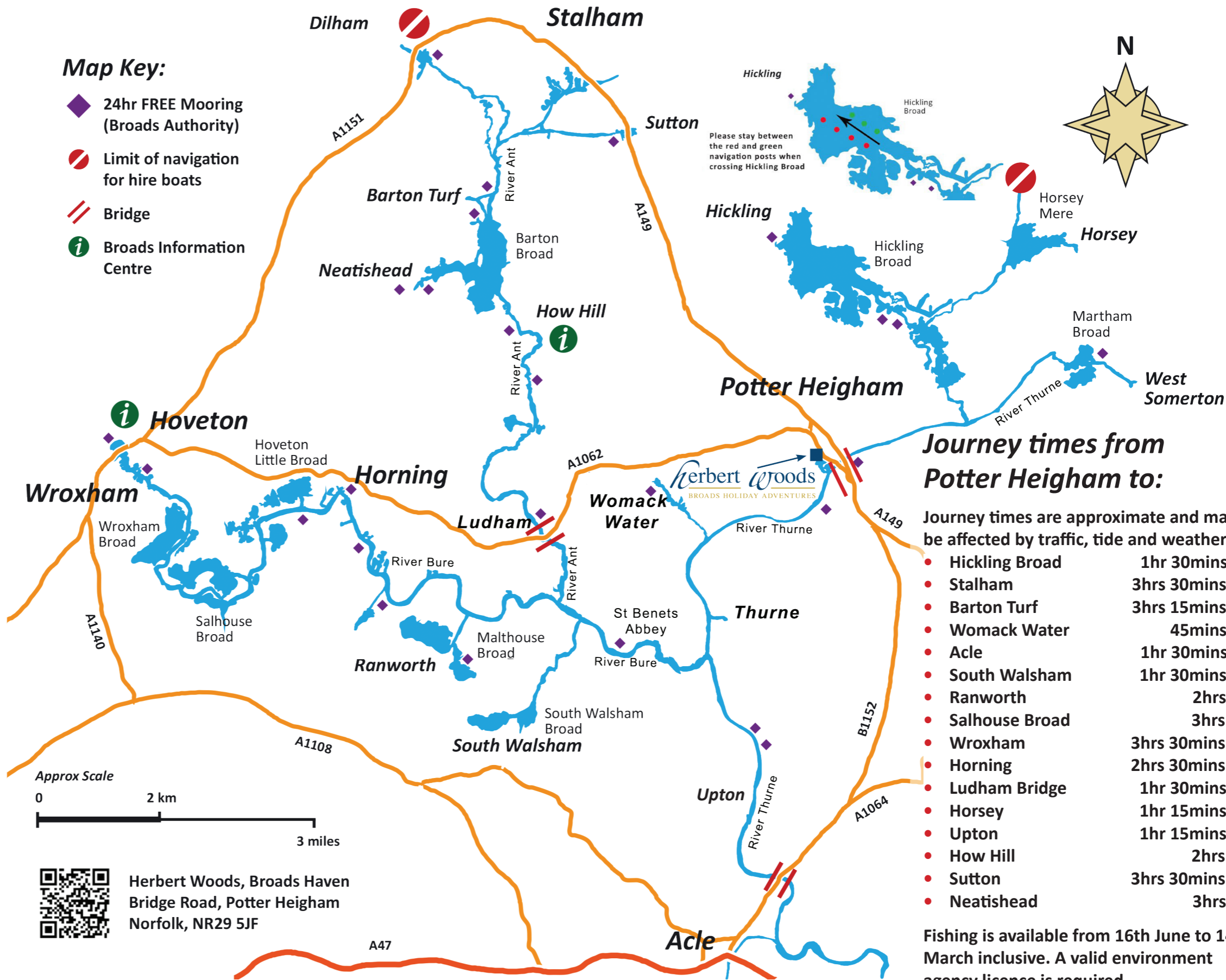


Do

- Plan your trip – using the timings given on the map
- Wear the Buoyancy Aids provided
- Check the location of Fire extinguishers
- Ensure you understand the craft controls before you leave
- Keep passengers in the seating area whilst under way
- Make sure children are supervised
- Ensure the craft is securely moored before embarking/disembarking
- Drive on the right and stay within the red and green posts in marked channels
- Obey the speed limit and keep wash to a minimum
- Give way to sailing craft and passenger boats
- Lookout for boaters and anglers, keep clear of fishing gear in the water
- Take your rubbish home and recycle where possible
- Take a mobile phone, make sure it is fully charged and you know the number
- Contact the boat yard if you have any problems on **01692 672 000**

Do Not

- Jump on or off the boat. Wait until it has stopped then step off.
- Ride on front deck whilst the craft is underway.
- Let ropes trail in the water, they may get caught in the propeller.
- Tamper with the engine, if you have a problem please contact the boat yard.
- Swim from the boat.
- Return the boat late.
- Drink and drive, alcohol has contributed to several Broads accidents.
- Fish from a moving boat.



Do

- Wear the buoyancy aid provided at all times
- Follow the rules of the river and keep to the right
- Keep the canoe balanced at all times. Step into the middle when getting in and out. Don't lean over and don't hit the bank
- Beware of potential blind spots for other river users – although you might be able to see them, they might not have seen you
- Look out for anglers
- Paddle gently and at a distance from wildlife to minimise disturbance
- Beware of Weil's disease (leptospirosis) – cover all cuts and grazes with waterproof plasters
- Take into account the weather forecast, tides, water flows and levels in relation to your ability
- Take your rubbish home and recycle where possible

Do Not

- Drink alcohol while out on the water - judgement is impaired, awareness and reaction times are reduced, you're more likely to trip, slip, fall or capsize.
- Swim from the canoe or kayak.

In Case Of An Emergency

- Contact the boat yard if you have any problems on **01692 672 000**
- Emergencies - **999** (Coastguard, Police, Fire, Ambulance)
- If you have to telephone in an emergency be as specific as possible about your location. Give:
 - The Day Boat/Canoe registration number
 - How many people are onboard
 - Name of the river
 - Nearest Village
 - Any nearby landmarks/post number
 - The nearest 24 hour mooring site – this may include a grid reference

