



**1** Learn how to swim.



**4** Wear a suitable lifejacket.



**7** Never take to the water alone. "Less than three should never be".



**10** Mark the inside of your canoe with your name and telephone number - and put reflective tape on the outside to aid detection.



**2** Get proper training.



**5** Check and heed the local weather forecast. Avoid strong currents and local hazards. Make enquiries locally.



**8** Advise someone ashore of the details of your planned trip, including times of departure and return.



**11** Dress for survival. Wear suitable highly-visible, warm protective clothing marked with reflective tape.



**3** Check your canoe is seaworthy and suitable for purpose. Get second opinion.



**6** Keep an eye on the weather. Return to base in good time – and well before daylight fades.



**9** Keep within your own abilities and the limitations of your canoe.



**12** If you get into trouble, raise the alarm sooner rather than later, and stay with your canoe.



**13** Carry mini-flares, a strobe light, torch and a whistle. In addition, for open water canoeing, carry a marine handheld VHF radio and a compass. Know how to use this equipment.



**14** Before you take to the water, take time to think safety. Always consider other water users.

## ADDITIONAL INFORMATION

### Irish Canoe Union

House of Sport  
Longmile Road  
Walkinstown  
Dublin 12  
Tel: (01) 4509838  
(01) 4501633  
Fax: (01) 4502805

Further advice on safety and training is available from the Irish Canoe Union which is the governing body for the sport and recreation of canoeing. We have a network of registered instructors, clubs and approved outdoor education centres committed to encouraging safe and enjoyable canoeing through involvement in our scheme of training courses and accreditation.



## WHO WE ARE:

**Department of the Marine**  
Leeson Lane  
Dublin 2  
Tel: (01) 6785444

**IMES**  
Irish Marine Emergency Service  
Department of the Marine  
Leeson Lane  
Dublin 2  
Tel: (01) 6785444  
Emergency Tel: Ring 999  
and ask for Marine Emergency.

**National Safety Council**  
4 Northbrook Road  
Ranelagh  
Dublin 6  
Tel: (01) 4963422

**ISA**  
Irish Sailing Association  
3 Park Road  
Dun Laoghaire  
Co. Dublin  
Tel: (01) 2800239

**RNLI**  
Royal National Lifeboat Institution  
15 Windsor Terrace  
Dun Laoghaire  
Co. Dublin  
Tel: (01) 2845050  
or alternatively contact:  
**RNLI**  
Royal National Lifeboat Institution  
West Quay Road  
Poole  
Dorset BH15 1HZ  
Tel: 0044 1202 663173

## WHAT WE DO:

We are the Government Department responsible for the safety of life at sea and the prevention of pollution from ships.

We are the Division/Service of the Department of the Marine responsible for search and rescue, intervention in shipwreck and casualty and response to pollution at sea. We provide commercial marine communications and maintain 50 coastal rescue stations manned by volunteers available to respond to marine emergencies.

We as a statutory body have a responsibility to promote through education a nationwide water safety awareness.

We are the governing body representing sailing and windsurfing in Ireland. We can advise on all aspects of boating safety. We have a network of clubs and recognised teaching establishments that operate training courses for all types of leisure craft.

We exist to preserve life from disaster 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 entirely by voluntary contributions.

## SAFE CANOEING



## SAFETY ON THE WATER



Irish Marine Emergency Service  
Slánuí Rottin na Mara



## FOREWORD

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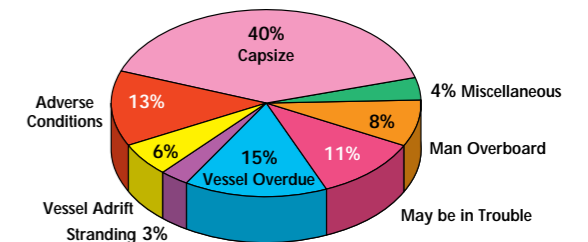
This leaflet has been produced by the Marine Safety Working Group which has representatives from the following Government Departments and National Institutions:

Department of the Marine  
Department of Education  
Department of the Environment  
Department of Enterprise and Employment  
Department of Arts, Culture and the Gaeltacht  
Irish Marine Emergency Service  
National Safety Council  
Royal National Lifeboat Institution  
Irish Sailing Association.

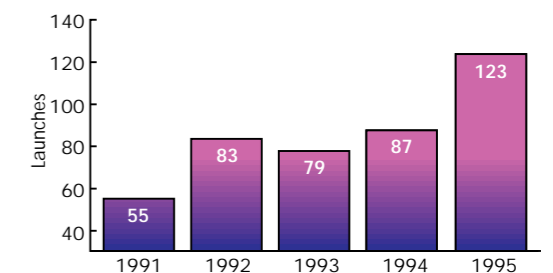
It provides useful basic safety guidelines and information you should be aware of before going afloat.

Unless you are experienced, we urge you to obtain additional information as detailed in this booklet.

Further copies are available from any of the organisations/agencies mentioned above.



### All RNLI services to canoes 1996



All launches to canoes (Based on RNLI statistics)