



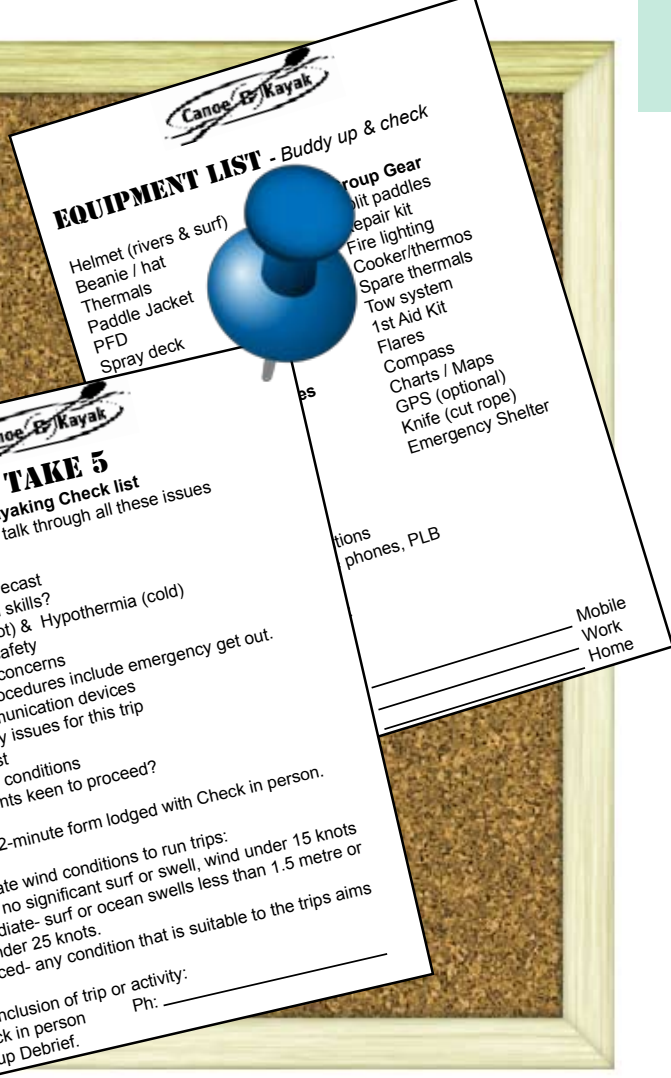
Q. How do you ensure you have covered all the checks and information required before going on a trip?

A. Take 5

Canoe & Kayak has developed the Take 5 form, designed as a reminder of the things that need to be discussed and checked before going out on the water.

One of the most common reasons an incident or accident occurs, is that we forgot something. This may be 'specific hazards while surfing' or as simple as "Have we all got hats?"

It's the simple things that make the difference. These forms are available on waterproof card free from your nearest Canoe & Kayak Centre.



EQUIPMENT LIST - Buddy up & check

- Helmet (rivers & surf)
- Beanie / hat
- Thermals
- Paddle Jacket
- PFD
- Spray deck
- Group Gear
- Wet suit paddles
- Repair kit
- Fire lighting
- Cooker/thermos
- Spare thermals
- Tow system
- 1st Aid Kit
- Flares
- Compass
- Charts / Maps
- GPS (optional)
- Knife (cut rope)
- Emergency Shelter

TAKE 5

Kayaking Check list

As a group talk through all these issues

- Trip plan
- Latest weather forecast
- Conditions match skills?
- Hyperthermia (hot) & Hypothermia (cold)
- On & off water safety
- Environmental concerns
- Emergency Procedures include emergency get out.
- Working communication devices
- Specific safety issues for this trip
- Participant list
- Any medical conditions
- All participants keen to proceed?

Trip Plan/ 2-minute form lodged with Check in person.

- Appropriate wind conditions to run trips:
- Novice - no significant surf or swell, wind under 15 knots
- Intermediate- surf or ocean swells less than 1.5 metre or wind under 25 knots.
- Advanced- any condition that is suitable to the trips aims

At conclusion of trip or activity:
 Check in person
 Group Debrief.

JOIN TODAY!

Yes - I'd like to join the Yakity Yak Club

First Name: _____

Surname: _____

Email: _____

Address: _____

Post Code: _____

Phone: _____



First Year Membership (includes 2 day course)
 Individual: \$395 Couple: \$745
 Family of more than 2 - please ask for pricing.
 Special rates apply for children.

Payment Details

Card No: _____

Cheque Visa Mastercard

Signature _____ **Expiry date:** _____

Send form to:

Canoe & Kayak Ltd
 P.O. Box 35123, Browns Bay,
 Auckland, 0753.
 Or phone 0508 529 2569
 email: info@canoeandkayak.co.nz