



Using Club Equipment

- Take care of the Club's equipment and treat it even better than you would treat your own
- Always place paddles down carefully, rest them gently on your shoe or foot to avoid chipping the tip
- Put PFDs away neatly. The paddle shed can get messy very quickly –if everyone helps out, our shed will stay tidy!
- When carrying boats to the dock, communicate clearly between all people who are helping.
- Be especially aware of the boats that have rudders –always keep the rudder off the dock or ground surface as they are easily damaged.
- When in doubt, ask for help. From May through August, there will be a PMPC staff member at the Club, let them know if you need a hand.

Using TeamPages.com

Our club uses TeamPages.com for organizing and communicating with members. This tool has a large range of useful features and helps us stay in touch with members! When you receive an email bulletin from TeamPages.com, the message can be viewed within the email message that is sent to you. If you want or need to reply or respond to the message sent, you can follow the link to the TeamPages web site, log in, and then respond online. In addition, from the web site you can 'join' different programs to be in full communication of regular updates for each program. **Note: If you are not already signed up on TeamPages.com, please send an email to info@pmpc.ca to request access.**

Paddling Schedule, Events and Calendar

Your membership entitles you to participate in any of the regular paddling programs that are offered at the Club. The calendar is always posted down at the club, and updated on the PMPC web site at www.pmpc.ca. Specific information about programs for members will be communicated through the TeamPages.com web site, so keep an eye out for emails sent from TeamPages.com.

How to Be Safe

Safety is not just NOT having accidents...it is a SYSTEM of daily practices, it is an attitude, and it is a mind set we race and train in, and IT IS SIMPLE: If it is not safe...STOP, do not do it.

Some good practices to follow in order to stay safe:

- It is mandatory that all paddlers wear a PFD – club privileges may be withdrawn if repeated warnings are given. There will be no return of fees if this happens.
- Carry the following equipment in your boat:
- Throw rope; Carry a plastic pea-less marine whistle (many lifejackets have these built-in –check yours!); bailer(s); Light(s) and/or headlamps if you are paddling within one (1) hour of dusk/dawn.
- Paddle with a buddy –PMPC paddling programs are structured so that groups of paddlers are on the water together.
- Inform the staff of your paddling plan, or write it on the whiteboard. Indicate which boat(s) you have taken, and total number of paddlers.
- Conduct a boat check before you leave the dock. Check for cracks in the hull, loose connections, etc.
- Discuss a safety plan before you leave the dock. What will happen if you capsize? What can you do if you get stuck or encounter a problem?
- Check the weather forecast before you head out on the water. Know the conditions before you leave the dock.
- If a lightning/thunder storm begins while you are on the water, return to shore as soon as possible.
- Follow the 30/30 rule for stormy weather: If the time between when you see a lightning flash and hear the thunder is 30 seconds or less, take shelter and cease all paddling activities. After the last flash of lightning, wait at least 30 minutes before proceeding with on-water activity. If you are running a practice or scheduled program at the Club, be aware of these guidelines and cancel the practice as needed.

Winter Rules:

- Stay on the Alouette River (do not go onto the Pitt River between October 1 and March 31).
- Ensure that somebody on shore is aware of your paddle plan in case of emergency.
- Be sure to wear winter and weather-appropriate clothing

What to wear and bring for paddling?

Remember, paddling is a water sport! You will get wet...but there are some easy ways to help keep you warm and dry as much as possible:

- Layer your clothing so you can be insulated to stay warm, but also remove layers as you generate heat.
- Quick-dry fabric can be helpful as it keeps you warm but dries very quickly so your wet clothing doesn't cool you down.
- Many people find a hat especially helpful –both for protection from cold or wind, but also from the sun!
- Dry bag –many people use a dry bag to keep their keys and valuable dry and in the boat with them.
- Clothing that doesn't 'bug' you–some people find certain snaps, zippers, etc. can be located in a spot that might rub while in a boat –don't invest too much money in something new until you get an idea of what will work for the type of paddling you are doing.

In the winter months:

- ✓ Toques, long underwear, gloves, wool socks, rain gear are all useful to help you be dry and warm when paddling.

If you have your own paddle, bring it! You may also use club paddles if you do not own your own. Once you become more involved in paddling, you might find that you want to make an investment in a paddle of your own. Getting a paddle that is the proper size, and a style that fits you, can go a long way in making you feel more comfortable and have more power in the boat!

Address: 14411 Harris Road, Pitt Meadows, BC V3Y 2T2

The Pitt Meadows Paddling Club is a member of both [CanoeKayak BC](#) (the Provincial Sport Organization for Paddle Sports in BC) and [CanoeKayak Canada](#) (the National Sport Organization for Paddle Sport in Canada) as is all staff. The Club is a not for profit organization registered under the BC Societies Act. We have been serving our local communities for the past 12 years.

