

Plurabelle Paddlers Dragon Boat Club

O1 Training Safety Checklist

Independent use of the club's O1's is available to members who have:

- successfully completed the SwiftWater Training Safety and Self-Rescue course
- successfully completed the club's O1 Training Competency test
- read and agreed to the club's O1 Training Operating Guidelines

Members are responsible for their own safety and train at their own risk

Before you commence your O1 Session:

1. Sign up on Google Sheets with minimum of 3 paddlers to a group, unless an O1 coach is paddling and then the minimum number per group is 2
2. Assess weather conditions, particularly wind gusts. Consider your skill level when assessing wind using the following as a guide:

Apps are: Met Eireann, Windy, YR Weather, AccuWeather etc

| WIND speed | | | | |
|--|----------------|-------------|-------------|-----------------|
| Levels can paddle O1 | Beaufort Scale | MPH | KMH | Terminology |
| All levels, beginners with O1 Coach | 0 | Less than 1 | Less than 2 | CALM |
| All levels, beginners with O1 Coach | 1 | 1 to 3 | 2 to 5 | Light air |
| Improving skills & O1 Coach | 2 | 4 to 7 | 6 to 11 | Light breeze |
| Improving skills must be accompanied by O1 coach | 3 | 8 to 12 | 12 to 19 | Gentle breeze |
| O1 Coaches only | 4 | 13 to 18 | 20 to 29 | Moderate Breeze |
| Do not use O1 | 5 | 19 to 24 | 30 to 39 | Fresh breeze |

A useful physical/visible condition to consider is how the water in the dock is looking and moving (flat/choppy/dark patches)

3. Ensure that your buoyancy aid is fitted correctly
4. Check the O1- outrigger bolts, plugs, seat position, weights, airbags
5. Bring a phone in a waterproof pouch

When on the water:

1. Paddle in a clockwise direction
2. Be aware of swimmers, fishermen, boats and SurfDock users
3. Give way to larger traffic

On completion of your training session:

1. Check the boat - remove any water, return all equipment (mats, ropes, hook pole/bailer) and report any damage/incidents to info@plurabellepaddlers.com
2. Return the keys to the lockbox on the left side of the clubhouse