

SCA Scottish Paddle Trips: Conditions of Participation

The aim of the SCA Scottish Paddle Trips is to offer safe and enjoyable trips that bring together like-minded paddlers. As with any outdoor pursuit there is an element of risk. To ensure a safe and enjoyable experience for yourself and all other paddlers on the trip, please familiarise yourself with the information below to understand the basis of your participation and not put yourself, or others at risk.

1. Trip Leader Responsibilities

Trip Leaders are volunteers who lead or coach other paddlers on daytime, evening or weekend trips.

A Trip Leaders' competence is assessed by the committee and approved by having:

- appropriate British Canoeing coaching, leadership qualification or other means
- valid and appropriate first aid training
- sufficient local knowledge to lead their specific trip

Please be aware that Trips are run at the discretion of the Trip Leader who may:

- refuse to let you come on a trip if they are unsure of your competence or fitness
- change the location or timings, or in extreme cases cancel a trip if they are unhappy about weather conditions, water levels, equipment or other reason

Any change in trip details will be communicated to you as soon as is reasonably possible in advance, however please be aware that plans on the day may change (see below, *Communicating with the Trip Leader*).

2. Your Responsibilities

Your participation in an SCA Scottish Paddle Trip is on the basis that **you are responsible for your own safety**. You are expected to act in a responsible manner, this includes being knowledgeable of and following good environmental practice. As a competent adult paddler you should also:

- Make your own decisions as part of the group and accept responsibility for them.
- Supply all your own equipment including a suitable kayak/canoe, paddling gear, food, water, camping gear and safety equipment (as may be appropriate).
- Ensure your skills and abilities meet the requirements of the trip grade.
- Identify any problems you suffer from that may affect the safety of yourself and other group members. You are strongly advised to share any potential medical problems with the Trip Leader in advance and/or other paddlers. If you have any doubts consult a doctor.
- Provide your emergency contact details via SCA Portal. This information will be passed to the Trip Leader.
- Although not mandatory, it is recommended that you have a current First Aid Qualification, for your own safety and for the safety of the group.
- Be on time. Tidal and river conditions make it important to be ready at the correct time. If you are late let the Trip Leader know and don't expect the group to wait for you.

- Listen to and respect your Trip Leader. They are chosen for their expertise and local knowledge and are there to ensure the group is safe and has an enjoyable time.

3. Trip Grades

Trips are graded to inform you of the conditions likely to be encountered and distances of which you should be capable of paddling (grades are set out in *SCA Scottish Paddle Trips – Overview*). Be honest about your abilities and don't book on a trip that you know is above your skill level. SCA Trips are characteristically friendly and supportive however, if your skills are not up to standard this may put undue pressure on the Trip Leader and ruin the experience for the rest of the group. If you have any questions about the trip grade or want to discuss your suitability then please get in touch with the SCA Recreation Committee or the Trip Leader.

4. Communicating with the Trip Leader

Trip Leaders will be given your email address/phone number in advance, in order to confirm timings, meeting points and communicate any last minute changes. Be prepared to tell him/her about your level of experience and if requested refer the Trip Leader to an experienced paddler who can comment on your abilities. If you have any questions about the Trip details, experience or equipment required, please get in touch with your Trip Leader or the SCA office prior to booking.

5. Dates, Cost & Booking

The calendar can be viewed [here](#) and by filtering the events (select 'Recreation Event then Scottish Paddle Trips'). Trips cost £5, plus £5 Event Membership fee for those not already an SCA/BC/CANI/CW member.

Book a place

- log in to SCA Portal on the [SCA website](#)
- Visit the Events Listings section and then Recreational search for the Trips
- Follow the on-screen instructions to book and pay online

Alternatively you may book by calling the SCA office on 01887 292040 where normal office hours are 0830hrs- 1530hrs Monday – Friday.

NB. The number of paddlers per trip will comply with guidance as set out in the BC Terms of Reference and places will therefore be strictly limited and allocated on a first come, first served basis. If you are interested in a trip please book well in advance as trips may be oversubscribed or cancelled due to lack of support. Similarly if you have booked to go on a trip and are unable to attend let the SCA office know as soon as possible as it may give the opportunity for another paddler to take part.

6. Contact and Information

SCA Recreation Committee: sca.recreation@canoescotland.org

SCA Events : events@canoescotland.org

Prospective Trip Leaders, please email events@canoescotland.org for further information.