

# **SAFETY NOTICE**

**All Swimming, Rafting & sit on tops must be supervised and confined to the designated area**

**With sit-on-top kayaks and rafting, PFD/buoyancy aids, helmets and clothing appropriate for the conditions must be worn (i.e. wet suits, cags, footwear)**

**NEVER swim alone.**

**NO DIVING - Submerged rocks**

**Be aware of sudden changes in depth**

**Uneven and slippery surfaces**

**DO NOT throw stones**

# **WARNING**

**There is NO Lough Dan Life Guard on duty**

**Groups should nominate their own supervisor**

# **IMPORTANT SAFETY NOTICE**

## **Water activities at Lough Dan**

**Leaders in charge of groups undertaking water activities must ensure that the instructor has the appropriate qualification.**

### **KAYAKING**

**Level 1 Kayak instructor for introductory sessions on flat water with groups of up to 6 in designated area**

**Level 2 Kayak instructor for longer journeys on Lough Dan**

### **CANOEING**

**Level 2 Canoeing instructor for journeys no more than 50m from shore with groups of up to 6**

**Level 3 Canoeing instructor for journeys across the lake**

***Instructors may be asked to produce a copy of their certificate before the commencement of the activity.***

# **WARNING**

**Boating equipment must NEVER be left unattended**

**PFD/Buoyancy aids, helmets and clothing appropriate for the conditions must be worn (i.e. wet suits, cags, footwear)**