



Kayaker Instructions

Kayakers must register their attendance at either Colwell Bay or Hurst Point on the day of the swim at a time to be confirmed.

There will be a short briefing and numbered wristbands will be issued which must be worn at all times during the event.

Kayakers will escort a maximum of three swimmers across the Solent. Kayakers must ensure the swimmers stay together during the swim. If the swimmers need to be split up, kayaker must request the assistance of a spare kayaker. The kayaker is responsible for the initial safety of the swimmers.

In the event of a panicking swimmer, the kayaker must calm the swimmer by using words of reassurance before getting close and assisting. Once the swimmer is calm, offer either the bow or stern of your kayak. This way there is less likelihood of the swimmer capsizing the kayak. Call for assistance – Kayakers call for assistance is a 'raised vertical paddle'.

In the unlikely event of an unconscious swimmer, the kayaker should turn the casualty so that the head is facing out of the water, support the head and summon assistance immediately.

A whistle must only be used in an emergency. A series of long blasts and continue until attention has been drawn. A safety craft will approach and remove the swimmer from the water. Assist the safety craft by being vigilant of any other swimmers in the vicinity.

If the kayaker has VHF radio, channel will be confirmed at the safety briefing.

It is good practice for kayakers to be 'self-sufficient' wherever possible. Carry a spare paddle if you are able, wear a towline if you have one and are trained in its use, carry a pealess whistle, have a high energy drink and snack available, and carry a first aid kit if you are qualified to do so.

Kayakers are always safety conscious, constantly aware of their surroundings and always respect the environment.

Further information

By signing up to support this event you agree for your mobile number to be added to our Swim for Hope 2024 Whatsapp group. Others may see your number in this group. The Whatsapp group is for event organisers to post in only. Should any participants post in the Whatsapp group they may be removed and therefore miss vital information.

Make sure you read our [FAQs document](#), and if you have any further questions, please contact the IOW Fundraising Team on 01983 655 038 or at fundraising@wessexcancer.org.uk.