

I-SAFETY

IMPORTANT SAFETY INFORMATION.
PLEASE READ CAREFULLY.

SAFETY FIRST – ALWAYS.

You will see there is an “I-SAFETY” sticker on your ski that highlights points you should consider each time you go for a paddle. The significance of the “I” is that **SAFETY IS A PERSONAL RESPONSIBILITY.**

Surf ski paddling can be dangerous and life threatening to you and others if proper precautions and guidelines are not carefully undertaken each time you leave shore. Never paddle alone unless you are an experienced and competent paddler with the necessary skills to conduct safe practise in the environment you intend to paddle in.

NEVER LEAVE SHORE WITHOUT GOING THROUGH THIS CHECKLIST:

- Should I Be Wearing A Buoyancy Aid?
- Have I Told Someone Where I Am Going?
- Have I Assessed The Conditions?
- Have I Inspected All My Equipment?
- Am I Visible & Wearing The Appropriate Clothing?
- Do I Need Mobile Communications Today?
- Should I Be Wearing A Leash?

Below are additional safety points that you should also be considered as published on www.SurfSki.info:

1. WEATHER & WATER

Be aware of the conditions, particularly of wind and waves. Offshore winds are DANGEROUS. The sea looks calm and inviting close to shore but you can be blown rapidly out to sea and find yourself unable to paddle back.

2. BE PREPARED

Wear appropriate clothing and ensure you are healthy, fully equipped with fluids and food as necessary. Dehydration, hypothermia, sunburn and sunstroke can all take you unawares when you're having fun. On sunny days use a sunhat and tie it to your PFD (personal floatation device) so you don't lose it. Apply and re-apply plenty of sunscreen. **NB: sunscreen on your hands makes them slippery. Wash them with soap, or clean off with sand and water in the sea before paddling.**

3. IN THE SURF ZONE

If you fall out of your ski in the surf zone, always try to make sure you are between the wave and the ski. If you find the ski is between you and the wave, you risk serious injury of getting hit by the ski. So if you do fall out on the wrong side, duck under the ski and allow it to roll over you until you are safer!

4. BE AWARE OF OTHERS

Watch out for other skis, watercraft and swimmers. A rider-less ski being tumbled by a wave leaves a six-metre-wide trail of destruction. Never use your ski in between a Red and Yellow flagged swimming area. This is for swimmers only and not for rigid surfcraft.

For more safety information visit our website at iconsports.eu