



The **BEPC Monday Social Paddle** is an opportunity for those who want to be on the water to go out with other people and have a little fun while the races are happening. Those who join our events are totally responsible for their own safety. We do, as a club, ask that you sign a waiver where you acknowledge having SUP or kayak experience. This is not a class for beginners, so we need to make the following recommendations:

-We will not be asking for donations the day of the paddle, but a seasonal donation will be greatly appreciated as we want to continue to support the Elks's charities and provide the BEPC with means to keep planning events.

-Please be at the Elk's Lodge parking lot early. Do not join at the last minute. We recommend at least 30 minutes before departure to have your vessel ready to go, sign waivers when necessary and listen to the safety talk.

-You have to have SUP and kayak experience to join. No beginners, unless you have an experienced buddy with you at all times.

-Always wear your PFD vest. If you wear a belt PFD, you have to know how to use it.

-A leash is always required on a SUP.

-Carry your phone in a waterproof bag, but have it with you at all times in case of emergency.

-Know how to self-rescue, and how to remount your board, kayak or surf ski.

-Do not wear cotton clothing. Be ready for cold water immersion. Carry an extra poncho or jacket on your vessel.

-Wear glasses and/or hat on Sunny days.

-Wear some kind of footwear to avoid injuries if you fall off the board. There are barnacles, glass and metal on the bottom if you need to step down to remount.

-Stay together with the group for safety, do not go off on your own without advising the trip leader or the safety paddler.

-Try to follow the leaders to avoid getting on shipping lanes. Watch out for boats and ships. It gets busy in the Summer.

-Depending on the weather we will chose where the social paddle will go. Not many options, except the Locks when there are no strong currents, or the Marina, where it's almost always calm. Only very experienced groups will be encouraged to go to the lighthouse, as conditions can get iffy.

-Be very careful when paddling on shallow water. A fall can injure you badly.

Above all, we are there to have fun. The leaders are not trained for rescue but will be there to help if something happens and will have radios and first aid kits available.

We count on your good judgement to be responsible and follow the rules.