

# ***Safety instructions***

## **Before taking off, please consider following:**

- You alone is responsible for yourself and the rented equipment during the trip.
- Kajak & Uteliv does not accept any responsibility for damages and losses.
- Check what kind insurance cover you have related to above.
- Inform Kajak & Uteliv about your plans for the trip.
- Keep your mobile in a watertight bag.
- Avoid to paddle alone, as this will expose you to greater dangers.
- Always bring warm clothes in watertight bags. Cold water may cause hypothermia, one of the dangers at sea.
- Always check that the kayak and other equipment is in good working order, that the hatch covers are tight and the steering properly adjusted for you.
- Listen to the weather forecast and make sure to bring map and compass.

## **On the water**

- Wear the life jacket.
- Observe the weather, surrounding traffic and your company.
- Be aware and estimate your own skill and capacity related to weather and sea conditions.
- Make sure to be seen by other boats by wearing bright clothes.
- Avoid the fairways with heavy traffic.
- Make sure you follow the anti collision rules of the sea
- It is vital to know basic navigation so you can determine your position.
- If possible try to practice survival techniques

## **Have Fun!**

- If you are a beginner we suggest you participate in a **beginners course**.
- Always have good company to improve safety and to learn more about paddling.



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