

The Beach Safety Talk: Suggested Checklist

Your responsibilities

As initiator, you are responsible for announcing the paddle and submitting the signed waivers. You can decide who is on the paddle, but you are not the leader; everyone is responsible for themselves.

Checklist

Waivers & Introductions

- ☐ **Waivers:** Do you have a signed waiver from everyone?
- ☐ **Introductions:** Have everyone introduce themselves.

Go over plan and conditions; change to Plan B?

- ☐ **Route:** Go over route & total distance. Show on chart if needed.
- ☐ **Time:** Expected total time; when lunch will be; when you expect to get back; pace if relevant.
- ☐ **Conditions:** Wind, tide, current, swell, surf, water temperature (as relevant).
- ☐ **Hazards and concerns:** E.g., tide races, active water, shipping lanes, boat traffic, seals, bird closures.
- ☐ **Skill & gear:** Reiterate skills, equipment, attire required for the paddle.
- ☐ **Backup plan, fall-forward plan:** Describe options. Given the group & conditions, change to a Plan B?

Discuss safety considerations

- ☐ **Group safety gear:** Who has a radio, tow rope, first aid kit, spare paddle?
- ☐ **Expectations for pod dynamics:** E.g., pod cohesion, roles of lead/sweep, places to group up.
- ☐ **Launching/landing through surf** (if relevant): Discuss procedure & rules.
- ☐ **Medical conditions:** Does anyone have one they want the group (or you privately) to be aware of?

Ask for questions, concerns; modify plan as needed

- ☐ **Questions & comments** about the plan?
- ☐ **Concerns:** Is anyone concerned about their or the group's ability to handle the conditions? About ability to keep up? Anyone need to be back earlier? Want to buddy up for dicey bits? And so forth.
- ☐ **Modify plan?** For instance: Divide group into fast and slow pods or pods for different routes? Divide a big group into smaller pods? Buddy people up? Change to fallback or fall-forward plan?

Finalize

- ☐ **Review** any key points.
- ☐ **Select lead & sweep** for pod(s) as needed.
- ☐ **Communication on the water:** Radio channel, whistles, paddle signals. Review if needed
- ☐ **Launch!**