



# STAND UP PADDLEBOARDING IN CATTEWATER HARBOUR CODE OF CONDUCT

To keep yourselves safe when paddling in the Cattewater please follow the advice below:



**STAY AFLOAT** – Wear a Personal Flotation Device when on the water, or have access to an additional means of floatation.

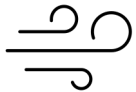


**STAY CONNECTED** – Attach your leash securely to your person. If you fall in, stay with your equipment – you will be easier to find!



**STAY IN TOUCH** – Tell someone ashore where you are going, and when you will be back.

Carry a waterproof means of calling for help. Make sure you know how to use your device. If using a VHF radio, make sure you have passed your VHF course and exam.



**KNOW YOUR LIMITS** – Check the weather and tides before you go out. Offshore winds are most dangerous, despite looking very calm you will get blown away from shore. Paddle into the elements first, to make the trip home easier.

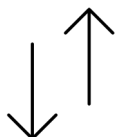


**BE SEEN** – Although not advised, if paddling at night or in restricted visibility, ensure you have an All-Round White Light visible, as required by the Collision Regulations. Also consider reflective SOLAS tape on your board.

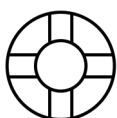


**STAY CLEAR** – Keep clear of the shipping channels. If you must go in the shipping channel, stay to the edges. If the pilot vessel approaches you, or you hear a ships horn, immediately exit the channel and follow the directions given by the pilot boat – they are there to keep you safe.

Keep clear of all moorings in areas of flowing water.



**KNOW THE RULES** – Make sure you know and follow the IRPCS, and all local legislation.



**INCIDENT?** – If you get into difficulty, stay with your kit and call for help, ask for the coastguard on 999 or VHF Channel 16. If you are involved in an incident within Cattewater Harbour, you must report it to the harbour office.

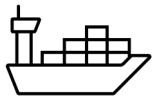
Cattewater Harbour Commissioners

+44(0)1752 665934

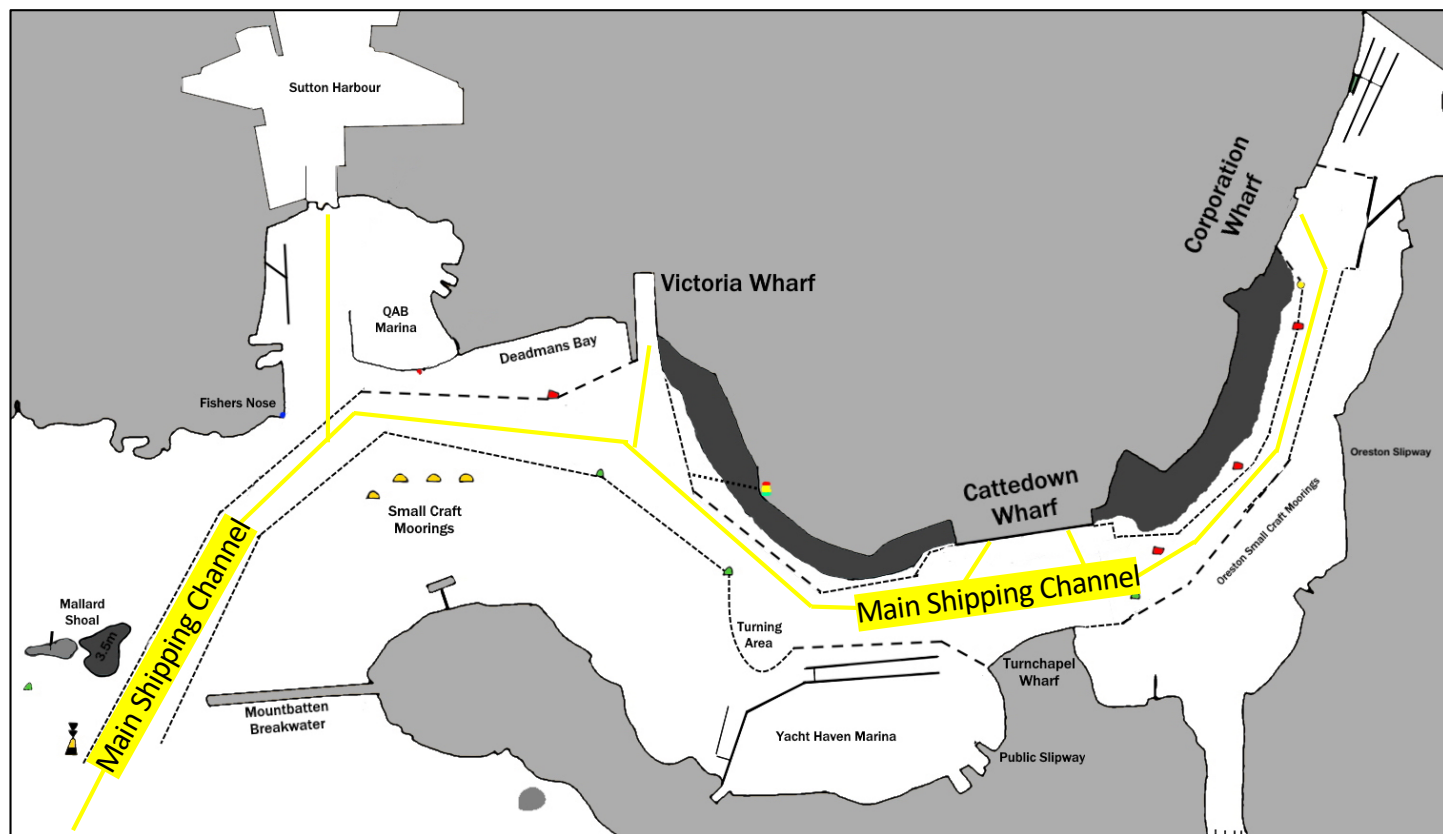
[info@plymouthport.org.uk](mailto:info@plymouthport.org.uk)



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## SHIPPING



The shipping channel is marked in the river with a series of Red and/or Green buoys. Keep clear of the shipping channel at all times, especially if you see a ship or the pilot boat approaching, or hear a ships horn.

Some ships will be turned in the Turning Basin off Yacht Haven Marina. Keep clear of the basin, only entering to cross the channel after you have checked there is no marine traffic.

Always follow the instructions of the Pilot Boat – they are there to keep you safe.



## WILDLIFE AND PRIVATE LAND

When paddling around our waters please be considerate and do not disturb local wildlife and other sensitive areas.

Only launch and recover at public locations, unless you have the landowners permission.

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[info@plymouthport.org.uk](mailto:info@plymouthport.org.uk)