



PADDLE BOARDING RULES

- Travel slowly and cautiously through the site.
- When you arrive, you **MUST** sign in at the café.
- Bookings are per person, not per board.
- The paddle board session are for everyone to enjoy, please do not mess about on the lake i.e. screaming, jumping or diving in to the water, making the session uncomfortable for other paddle boarders. Anyone found being disrespectful to other lake users will be asked to leave, without a refund, immediately.
- By booking your session you accept all responsibility for your safety and equipment.
- Under 18's must be accompanied by an adult during a session.
- Life jackets **MUST** be worn at all times when paddle boarding.
- 8-12 year olds can paddle independently but **MUST** be accompanied by an adult i.e. an adult must be paddle boarding alongside the child. Max of two children per adult.
- 12-17 year olds can paddle independently, either with another paddle boarder or a spotter.
- Two people can share a board on the water, though you can not stand up on the board if sharing – this is to prevent collisions if you fall – You still need to book a session for each person.
- Paddle boards only. No Kayaks, Canoes or Dinghies please.
- No dogs allowed on the board or in the lake.
- You cannot paddle board alone, please ensure you are in a group of at least two, or have a spotter.
- All paddleboards must be launched from the banks, **NOT** from the jetty and steps.
- All paddle boards need to be dry before they enter the lake – this is to stop transfer of any disease from other lakes you have visited, that could be harmful to our marine life.
- Please respect the wildlife.
- Report any issues to a Burton Farm team member.
- If there is a storm, i.e. lightening, you will be asked to leave the lake immediately, until the storm has passed. Paddle boarding sessions will be cancelled if rain or high winds cause the session to be too dangerous. You will be contacted via email if a session is cancelled and offered an alternative date. If the session is cancelled when you arrive you will be offered an alternative date also. Please refer to our cancellations policy at the time of booking for other details.

SAFETY AND LAKE RULES AND WAIVER

By following the rules, you are protecting yourself and others from risks associated with open water swimming.

Safety rules

- On arrival you must sign in at the café.
- You are advised to wear a wetsuit for warmth and buoyancy.
- An emergency whistle must be carried by all paddle boarders.
- You are advised to wear a brightly coloured swimming hat.
- You must not take part in any water activities if you feel unwell or have an injury.
- Do not run, shout, wave or blow whistles unless there is an emergency.
- Do not jump or dive into the lake.

Lake rules

- Bookings for paddle boarding are strictly for that purpose. Anyone found to be booking sessions to use the lake or the banks for anything else, e.g. sunbathing, picnics etc, will be asked to leave without a refund.
- Do not paddle board outside of the session times.



- Do not take dogs into the water with you or leave them unattended.
- Do not cause any harm to the wildlife above or below the water. .
- Please take all rubbish home with you.
- To make swims comfortable for everyone, please do not invite friends/family to the lake. The lake is strictly for swimmers, paddle boarders and a spotter if needed.
- *We reserve the right to cancel paddle board sessions, at any time, if you have broken any of the rules, acted in a way we deem unsafe to you or others. We may also cancel sessions if the weather makes swimming unsafe or in an event where the water quality was compromised.*

Rescue and first aid - Burton Farm has First Aiders on site who will respond, at once, to any emergency, either in or out of the water. In the event of any incident, you must alert a team member immediately.

Underwater: Wherever possible, help them to the surface.

On the surface: Raise the alarm by blowing a whistle, shouting and waving.

At the water's edge: If you see someone in trouble, raise the alarm immediately. While someone else alerts the staff in the café, stay where you are, monitoring the position of those in the water.

By agreeing to the rules, you waiver all rights and claims in the case of injury or death. You are responsible for your safety. Our rules are in place to reduce any potential incidents.