



# Paddle Boarding Rules, Lesson Conditions & Safety Agreement

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## 1. General Site Rules (All Paddle Boarders)

- Drive slowly and cautiously when entering and leaving the site.
- All participants MUST sign in prior to entering the water.
- Bookings are per person, not per board.
- Life jackets / buoyancy aids MUST be worn at all times whilst on the water.
- Paddle boards only. No kayaks, canoes, dinghies or inflatables.
- Boards must be completely dry before entering the lake to prevent transfer of invasive species or disease.
- Launch from the banks only. Do NOT use the jetty or steps.
- No jumping, diving, pushing, shouting or disruptive behaviour.
- No dogs are permitted in the lake outside of the paddle with your dog sessions.
- Do not paddle board alone. Minimum of two people on the water, or a designated spotter on shore.
- Respect wildlife at all times.
- Take all rubbish home.
- Burton Farm reserves the right to cancel any session without refund if rules are breached.

## 2. Age & Supervision Policy (independent paddle sessions)

- Under 18s must have parental consent.

- Under 18s must be accompanied by an adult.
- Ages 8–12 may paddle independently only when accompanied on the water by an adult (max two children per adult).
- Ages 12–17 may paddle independently with another paddle boarder or spotter.
- Over 18s only for SUP lessons.

### **3. Paddle Board Lessons – Instructor Authority & Safety Rules**

All Burton Farm lessons are delivered under structured safety management. When attending a lesson:

- Participants must attend the full safety briefing before entering the water.
- Participants must be 18+.
- Participants must follow all instructions given by the Instructor.
- The Instructor has full authority to stop, modify or terminate a session if safety is compromised.
- The Instructor may remove any participant from the session if behavior is unsafe or disruptive.
- No participant may enter the water before the Instructor authorizes launch.
- No participant may leave the water area without informing the Instructor.
- Equipment must be used only as instructed.
- Standing on a shared board during lessons is not permitted.
- No diving or jumping from boards at any time.
- Failure to follow instruction will result in removal from the session without refund.

### **4. Behaviour & Conduct**

Burton Farm operates a respectful, family-friendly environment. The following behaviour will not be tolerated:

- Reckless paddling or intentional collisions.
- Ignoring safety instructions.
- Intimidating or disruptive conduct.
- Entering restricted areas of the lake.
- Encouraging unsafe activity.
- We reserve the right to terminate sessions immediately if conduct is deemed unsafe.

## **5. Weather & Environmental Conditions**

- Lightning or electrical storms.
- High winds.
- Heavy rain affecting visibility.
- Compromised water quality.
- If cancelled prior to arrival, participants will be offered an alternative date.
- If cancelled during a session due to sudden conditions, safety instructions must be followed immediately.

## **6. Health Declaration & Personal Responsibility**

Participants must not enter the water if:

- Feeling unwell.
- Suffering from injury.
- Under the influence of alcohol or drugs.
- Experiencing dizziness, faintness or breathing difficulty.

### **Inherent Risks Include:**

- Cold water shock.
- Slips and falls.
- Collision with boards or natural features.
- Sudden weather changes.
- Muscle fatigue or cramp.
- Participation is at your own risk.

## **7. Cold Water Immersion Protocol**

- 1 Remain calm.
- 2 Control breathing.
- 3 Stay with your board for flotation.
- 4 Await instruction from the Instructor or signal using whistle.

## **8. Emergency & Rescue Procedure**

- Blow whistle, shout and wave.
- Alert a member of staff immediately.
- Stay at the water's edge and monitor until assistance arrives.
- Burton Farm has First Aiders on site who will respond immediately to any emergency.

## **9. Waiver & Assumption of Risk**

- You understand and accept the risks associated with open water activity.
- You agree to comply with all safety rules and Instructor direction.
- You accept responsibility for your own safety and actions.
- You waive any claim against Burton Farm, its instructors or staff for injury, loss or damage except where caused by proven negligence.
- Our rules exist to reduce risk and protect all lake users.