

## PRCC Personal Floatation Device (PFD) Policy

This policy shall apply to all paddlers using PRCC boats at any time, and to all paddlers participating in PRCC practices, races, and other events in any paddle craft.

Personal Flotation Devices (PFD's) must be in good condition, must be of the proper size for the paddler, and must have a label indicating the PFD has been approved by Transport Canada, the Canadian Coast Guard, and/or Fisheries and Oceans Canada.

PFD's must be worn at all times if any of the following apply:

- when paddling between October 1 and April 30;
- when paddling before sunrise or after sunset;
- when participating as a teacher, assistant, or student in an introductory paddling course;
- when the paddler is under the age of 19;
- when the paddler is using an inflatable PFD.

Should a paddler choose not to wear a PFD at times when none of the above conditions apply, the PFD must be carried on the boat and be readily accessible. Paddlers who wish to paddle without wearing their PFD must demonstrate the swimming skills listed below to the safety officer or his/her designate.

### Swimming skills for OC-6 paddlers:

Swim 50 metres  
Tread water, 1 minute  
Put on a PFD in deep water

### Swimming skills for small boat paddlers:

Swim 200 metres  
Tread water, 3 minutes  
Put on a PFD in deep water