



Kayak and Canoe safety is a monthly topic within Water Safety Scotland (WSS)'s prevent on toolkit and features in May but can be used across the year, as appropriate.

Kayaking and Canoeing are both popular recreational and competitive sports and can offer adventure, exercise, and fun, as well as a chance to explore nature. Its best to always be prepared before doing the sport.

To do this, follow the [Kayaking and Canoeing Water Safety code](https://www.watersafetyscotland.org.uk/advice-hub/activity-safety/kayaking-canoeing/) which contains advice specific to the activities of kayaking and canoeing.

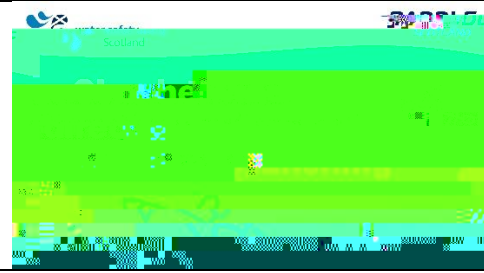
For more information visit the [activity safety hub](https://www.watersafetyscotland.org.uk/advice-hub/activity-safety/kayaking-canoeing/) at <https://www.watersafetyscotland.org.uk/advice-hub/activity-safety/kayaking-canoeing/>

Specific assets have been created for this package. These include:

- Social media assets (detailed below)
- Kayak and Canoe safety video of key advice that can be shared across social media

<p>Prepared to paddle? Make sure you are aware of your surroundings, the condition of your equipment, and the weather conditions before you launch. The key to safe canoeing or kayaking is to follow the water safety code. #DrowningPrevention</p>	
<p>Whether you are going kayaking or canoeing make sure you follow the water safety code. If you get into an emergency, call 999 #WaterSafety #DrowningPrevention</p>	
<p>Before launching, ensure you have a mobile phone in a waterproof pouch in case of emergency. This will make your kayaking/canoeing experience safer. #DrowningPrevention.</p>	

Make sure to check the wind direction and speed before launching. Be aware of shore winds. Stay aware of weather conditions by checking the forecast before you set out. Avoid launching in windy conditions.  
#DrowningPrevention



You can check our brand-new video, starring Calum McNicol from Paddle Scotland, who discusses the key advice to help keep you safe whilst canoeing or kayaking.

You can access the new video online here: <https://youtu.be/xUVh2Wx6eHU>

Please also remember that if you plan to buy second hand equipment – you can read our key advice here: <https://www.watersafetyscotland.org.uk/media/p5f3icv/wss-second-hand-advice.pdf>