

The Penrith Whitewater Stadium (PWS) has a duty of care and a legal responsibility under Work Health & Safety legislation to look after the safety of everyone who is engaged in a booked activity, on our site. This includes the safety of yourself and other paddlers as one of our Open Slalom Training participants. This overlapping responsibility can only be met by everyone working together to ensure safe practices and a safe environment.

1. On arrival **all** Slalom Training participants **must** report to the Check In Office at the venue's main entry point.
2. A Slalom Training participant is someone attending PWS to participate in an Open Slalom Training session that is facilitated by OoS.
3. Before gaining access to the Whitewater Channel, you must:
  - a. Check-In at the Front Office
  - b. Pay a user fee
  - c. Collect your identification
  - d. For first time users:
    - i. Sign the Acceptance of Risk / Release of Liability Agreement
    - ii. Sign the PWS Site Induction – Recreational Paddling
    - iii. Demonstrate competency by completing the PWS Grade 3 Kayaking Skills Assessment (unless part of a National Squad). Paddlers will be reassessed if they have not paddled at PWS in the last 12 months.
4. When attending PWS, you MUST:
  - a. Sign in on the iPad at the Check In Office
  - b. Provide accurate details when signing in on the iPad
  - c. Abide by Venue Regulations
  - d. Follow emergency procedures
  - e. Report any incidents
  - f. Sign out on the iPad at the Check In Office
5. A First Aid Kit and Automated External Defibrillator are located at the Check In Office.
6. PWS Venue Management will monitor various weather apps and the NSW Government's Hazards Near Me App ([Hazards Near Me \(nsw.gov.au\)](https://www.nsw.gov.au/hazards-near-me)) also available to download on mobile phones. Escalation of any emergencies or evacuations will be in line with the PWS Emergency Management Plan.
7. Notify PWS Venue Management of any venue maintenance or equipment concerns/failures.
8. We appreciate your cooperation and assistance in ensuring a safe day for all.

### **WHITEWATER PADDLERS CODE**

The Penrith Whitewater Stadium is a man-made whitewater river. Users should treat it with the same respect, and take similar precautions to those normally taken on a natural whitewater river. For the safety and enjoyment of all PWS users the following guidelines have been developed:

#### **Whitewater Channel Minimum Requirements**

- All paddlers must be at least 12 years of age.
- All paddlers must be competent on Grade 3 whitewater and be able to safely self-rescue.
- All paddlers must have successfully completed the PWS Grade 3 Kayaking Skills assessment.
- All paddlers must wear appropriate identification.

### Equipment

Penrith Whitewater Stadium reserves the right to refuse the use of any equipment we consider to be unsafe or unsuitable for use at our venue.

Boats must:

- be of a whitewater design, with bow and stern end loops.
- be paddled with a spraydeck if designed to be used with one (only open Canadian canoes specifically designed for whitewater use and equipped with air bags shall be permitted on the whitewater channel).

Buoyancy Vests and Helmets must:

- be of a whitewater design.
- be fitted correctly, and worn at all times whilst on the whitewater channel.
- buoyancy vests must have a minimum of 6kgs of buoyancy.

**Whistles must only be used in an emergency.** (One long blast on whistle means STOP, and three long blasts means HELP / EMERGENCY / DANGER).

### Before Paddling

Check the water flow data and make a careful inspection of the whitewater channel. The course configuration or the water flow may change from day to day.

### On the Channel

- Please be considerate of other users.
- If you are sitting in an eddy, give way to boats coming downstream.
- If you capsize and exit your boat, **DO NOT STAND UP** in the main current.

***PWS reserves the right to refuse entry to, or remove from the course, any Slalom Training participant, whose actions or behaviour we consider to be unsafe or inappropriate.***

### **Conveyor Belt**

- Line your boat up with the centre of the Conveyor Belt and paddle towards it with moderate forward speed.
- There are 3x Emergency Stop buttons located at the bottom, middle and top of the Conveyor Belt.
- Please inform PWS Venue Management if an Emergency Stop button has been pressed.
- All users must remain seated in their paddle craft at all times while on the Conveyor Belt.
- If the Conveyor Belt stops whilst you are travelling on it, carefully exit your boat, and carry it up the centre of the Conveyor Belt until you reach the start pool where you may launch your boat.

### **Slalom Gates**

1. Please use care when moving and adjusting slalom gates.
2. There are moveable orange steps placed around the in-field to assist with reaching slalom gates.

3. Slalom gates can only be moved upstream or downstream when the Whitewater Channel is OFF.
4. Please see a PWS staff member if you require assistance when moving and adjusting slalom gates.

### ***Emergency Procedures***

1. If you discover an emergency, notify PWS Venue Management in person, or by calling 02 4730 4333.
2. You are not expected to fight a fire or assist in any way unless you feel that you have had relevant training.
3. In the event of an alarm, or advice by PWS Venue Management, all people on site must assemble at the emergency assembly point to await further instruction. The emergency assembly point is at the lower end of the main car park.



Emergency Assembly Point

### ***Child Protection Information***

The Office of Sport is committed to the safety and wellbeing of children in sport and active recreation.

We commit to:

- Protecting children from abuse, neglect or mistreatment.
- Safeguarding children participating in our programs and attending our facilities.
- Listening to children, actively seeking their feedback and taking their concerns seriously.
- Treating children fairly and with respect.
- Managing risks to prevent harm to children.
- Having zero tolerance for misconduct that causes, or may cause, harm to children.
- Continually improving how we safeguard children.

Our commitment is for all children under 18 years, from all backgrounds and of all abilities.

Unless you are with the children, interacting with children is discouraged, except in a safety or emergency situation.

ANY CONCERNS ABOUT CHILDREN **MUST** BE IMMEDIATELY REPORTED TO PWS VENUE MANAGEMENT.

### ***PWS Venue Regulations***

The purpose of these Regulations is to:

1. Prevent any damage to the Penrith Whitewater Stadium ("Venue");
2. Protect visitors from suffering any physical injury or harassment while at the Venue; and
3. Notify of risks in engaging in recreational activities at the Venue.

The co-operation of all visitors is sought to preserve and protect the Venue for the enjoyment of all.

The following is a list of activities that are prohibited at the Venue.

**IF ANY VISITOR CARRIES OUT ANY OF THE LISTED PROHIBITED ACTIVITIES, THEY WILL BE ASKED TO LEAVE THE VENUE IMMEDIATELY AND MAY BE REPORTED TO NSW POLICE.**

### Strictly prohibited activities

Within the Venue, the following activities are strictly prohibited:

- Bringing any domesticated pets onsite;
- Use of indecent, obscene, insulting or threatening language or images;
- Being intoxicated;
- Being in possession of or under the influence of illicit drugs;
- Behaving in an offensive or indecent manner;
- Smoking and e-cigarettes (except where designated smoking areas are provided)
- Failing to comply with a reasonable request or direction from a Venue authorised person;
- Depositing any domestic or industrial waste;
- Leaving any litter except in the litter receptacles provided;
- Polluting any waterways;
- To drive, ride or park any vehicle including motor vehicles, bicycles or rollerblades on any grassed or landscaped area unless so directed by a Venue authorised person;
- To drive or park on any pathways without prior approval from a Venue authorised person;
- To drive, ride, park or act in a manner contrary to any signs;
- Abandoning any vehicle;
- To damage, destroy or remove any grassed area, tree, plant or other vegetation;
- To dig any soil or deface any rocks;
- To damage, destroy or remove any building, structure or equipment;
- To capture, annoy, injure, kill or otherwise interfere with any animal;
- Interfering in any way with any habitat;
- Causing a nuisance through the use of radios, loud music or any other broadcasting equipment;
- Protesting and exhibiting protest banners that are offensive to other users;
- To play or practise golf, archery or any activity that might be hazardous to others;

## Site Induction – Open Slalom Training

- Lighting a fire or using barbeque heat beads;
- Discharging fireworks unless authorised to do so for a recognised event;
- To carry, discharge or otherwise have within one's possession or control any firearm or any other weapon including knives;
- Camping or residing within the Venue;
- Throwing rocks into the lakes;
- Entering areas that are fenced off, locked or closed to the public;
- Obstructing an authorised person from performing his/her duties;
- Riding a bicycle, skateboard, or motorised scooter anywhere within the Venue;
- Running, roller blading or roller skating;
- Having any items made of glass – please note that the Venue is a glass free zone. Venue management reserve the right to check bags as a condition of entry.

### Activities that are prohibited without the Venue's permission

In addition, the following activities are strictly prohibited within the Venue without prior written permission from Venue Management:

- The collection of money;
- The sale or hire of any goods or services;
- Conducting amusements, entertainment, venue tours, personal training or performances;
- Participation in, or organisation of, any protest, march, demonstration or public meeting;
- The display or distribution of any advertising or political material;
- Commercial filming (whether cinematic or video) or photography;
- The erection of any structures such as marquees, awnings etc;
- The distribution or use of balloons or stickers;
- To erect, place or affix any banners or signage within the Venue or on any Venue infrastructure;
- The use of any public address system including a hand-held megaphone;
- Bringing any animals on to the site;
- Bathing, wading or swimming in the lakes;
- Sailing, rowing or paddling any water craft in the lakes;
- Fishing in the lakes;
- Teaching any person how to drive a car or ride a motorcycle;
- The operation of motorised model aircrafts, boats or cars; and
- Conducting any kind of survey of visitors to the Venue.

### Speed limits

- The speed limit for all motor vehicles is 20kph.

### Motorists

Motor vehicles at the Venue:

- Must remain on sealed roads and be driven in accordance with all signs;
- Must be parked in designated parking areas in accordance with signs, not on any other areas including any grassed areas, unless directed by a Venue authorised person; and

### Risk warning to all visitors

- Visitors may suffer injury or death as a result of participating in any recreational activities at the Venue. Visitors participate in recreational activities at the Venue at their own risk.

- The Penrith Whitewater Stadium has unfenced access to the water and pedestrian paths that at times are used by vehicles. Parents are required to supervise children at all times.

**Thank you for choosing PWS. We look forward to providing an enjoyable experience for all.**