

The Penrith Whitewater Stadium (PWS) and your organisation have 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 paddling activity participants. This overlapping responsibility can only be met by everyone working together to ensure safe practices and a safe environment.

On arrival, all paddling participants must report to the Venue Office for check-in.

A paddling participant is someone attending PWS to participate in one of the following activities:

- Recreational Paddling
- Open Slalom Training
- Open Kayak Cross Training
- Grade 1 Paddling

Before gaining access to the whitewater channel, paddling participants must:

- a) Register and pay for the activity online
- b) Check-in at the Venue Office and collect identification

### FIRST TIME PADDLING PARTICIPANTS

**First time paddling participants must demonstrate competency by completing the PWS Grade 3 Kayaking Skills Assessment.**

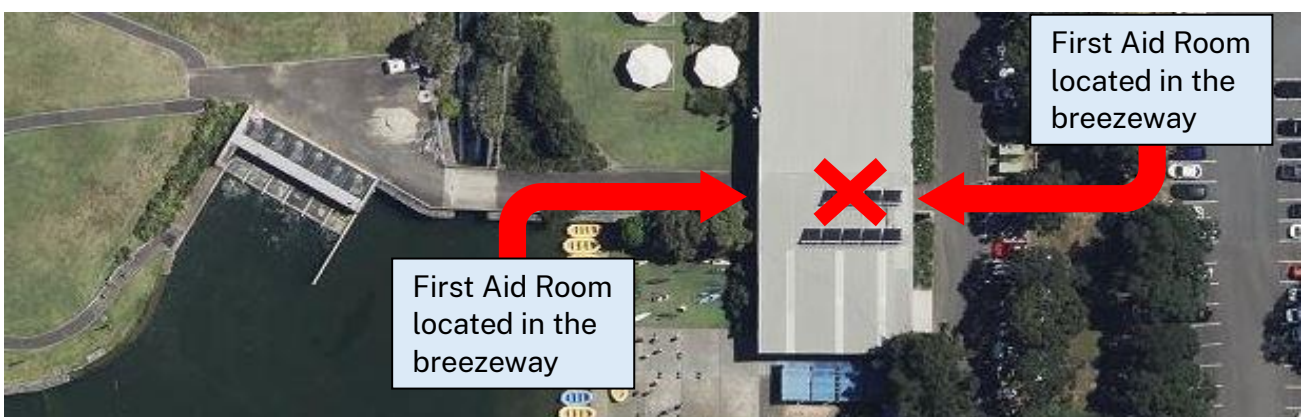
**Grade 1 Paddling participants are not required to complete the Grade 3 Kayaking Skills Assessment.**

**Paddlers will be reassessed if they have not paddled at PWS in the last 12 months.**

When attending PWS, paddling participants must:

- a) Abide by Venue regulations
- b) Follow emergency procedures
- c) Report any incidents
- d) Notify PWS Venue Management of any venue maintenance or equipment concerns/failures

A First Aid Kit and Automated External Defibrillator are located in the First Aid Room.



PWS Venue Management will monitor various weather apps and the NSW Government’s ‘Hazards Near Me’ app. Escalation of any emergencies or evacuations will be in line with the PWS Emergency Management Plan.

PWS appreciates the cooperation and assistance of all activity participants in ensuring a safe day for all visitors.

**PWS Whitewater Paddler’s 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	<ul style="list-style-type: none"> <li>• All paddlers must be at least 10 years of age</li> <li>• All paddlers must be competent on Grade 3 whitewater and be able to safely self-rescue</li> <li>• All paddlers must have successfully completed the PWS Grade 3 Kayaking Skills assessment</li> <li>• All paddlers must wear appropriate identification</li> </ul>
Equipment Requirements	<p>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.</p> <ul style="list-style-type: none"> <li>• Boats must be of a whitewater design (with bow and stern loops); and must 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)</li> <li>• Buoyancy vests must be of a whitewater design, be fitted correctly and worn at all times whilst on the whitewater channel, and must have a minimum of 6kgs of buoyancy.</li> <li>• Helmets must be of a whitewater design, be fitted correctly and worn at all times whilst on the whitewater channel.</li> <li>• Whistles must ONLY be used in an emergency.                  ONE long blast = STOP                  THREE long blasts = HELP / EMERGENCY / DANGER</li> </ul>
Before Paddling	<p>The course configuration or the water flow may change from day to day.</p> <ul style="list-style-type: none"> <li>• Paddlers should check water flow data</li> <li>• Paddlers should make a careful inspection of the channel</li> </ul>
On the Whitewater Channel	<ul style="list-style-type: none"> <li>• Paddlers must be considerate of each other and their surroundings</li> <li>• Paddlers must give way to boats coming downstream</li> <li>• Swimmers MUST NOT STAND UP in the main current</li> <li>• Rafts have right-of-way. If a raft is approaching from upstream, paddlers must move into an eddy and wait for the raft to pass</li> </ul>

**Penrith Whitewater Stadium reserves the right to refuse entry to, or remove from the course, any user, whose actions or behaviour we consider to be unsafe or inappropriate.**

## Conveyor Belt

Conveyor Belt Rules	<ul style="list-style-type: none"><li>• Paddlers must correctly wear appropriate personal protective equipment (PPE) at all times</li><li>• Only whitewater paddle crafts are permitted</li><li>• Paddlers must remain seated in their paddle craft at all times</li><li>• Paddlers must only enter the conveyor belt from the bottom pond</li><li>• Paddlers must only exit at the end of the conveyor belt into the top pond</li><li>• When paddlers reach the start pool, they must paddle away from the conveyor belt</li><li>• If the conveyor belt stops whilst in use, paddlers must carefully exit their boat, and carry it up the centre of the conveyor belt until they reach the start pool where they may launch their boat</li><li>• Paddlers <b>MUST NOT</b> stand up while the conveyor belt is moving</li><li>• Paddlers <b>MUST NOT</b> exit the conveyor belt from the sides</li></ul>
Conveyor Belt Emergency Procedure	<ul style="list-style-type: none"><li>• There are 3x EMERGENCY STOP buttons located at the bottom, middle and top of the conveyor belt on the right-hand side</li><li>• To activate an emergency stop button, paddlers should carefully exit their paddle craft and press the red button</li><li>• If an emergency stop button has been pressed, a member of PWS staff must be informed immediately</li><li>• If a paddler discovers an emergency on the conveyor belt, they must notify PWS Venue Management in person as soon as possible</li></ul>

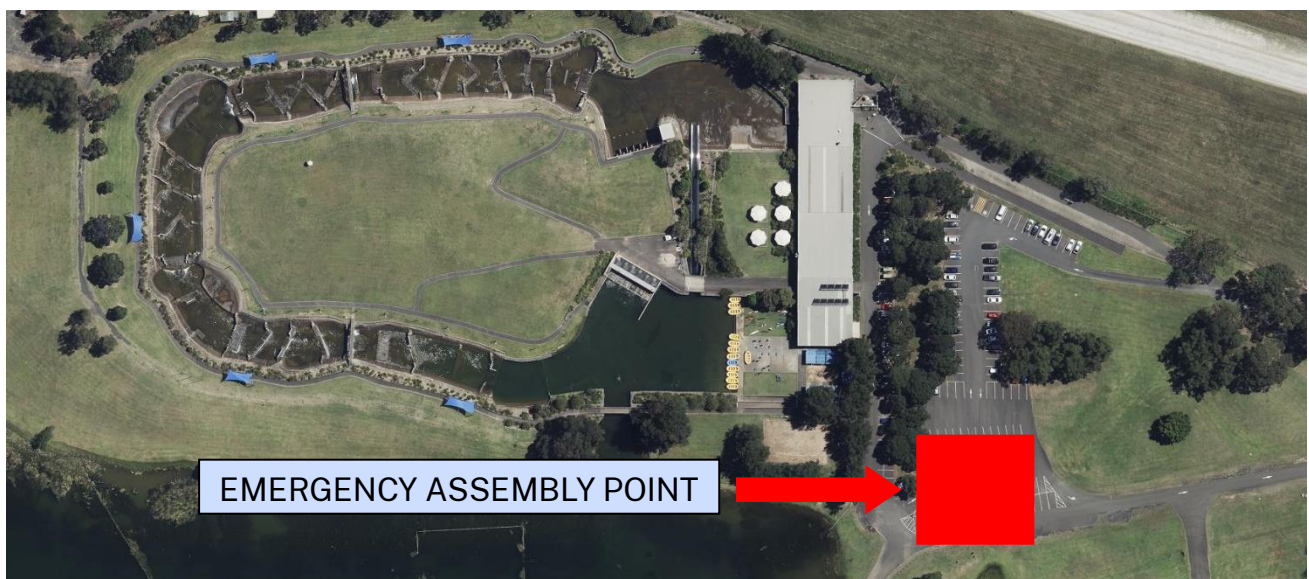
## Emergency Procedures

### Emergency Assembly Point

If there is an emergency, PWS Venue Management must be immediately notified in person, or via radio.

In the event of an alarm, (3 blasts on the siren) 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.



### ***In-Field Access***

For the safety and enjoyment of all PWS users, any personnel authorised to access the in-field must adhere to PWS Venue regulations.

During any PWS activity, only the following people are permitted to enter the in-field:

- PWS staff
- PWS activity participants
- Authorised coaches
- Any person authorised by PWS Venue Management

Any person wishing to enter the in-field during a PWS activity must:

- Check-in at the Venue Office
- Collect their Authorised In-Field Access Pass to be visibly worn at all times during the activity
- Read and sign the PWS Site Induction for Whitewater Paddling (on first visit)

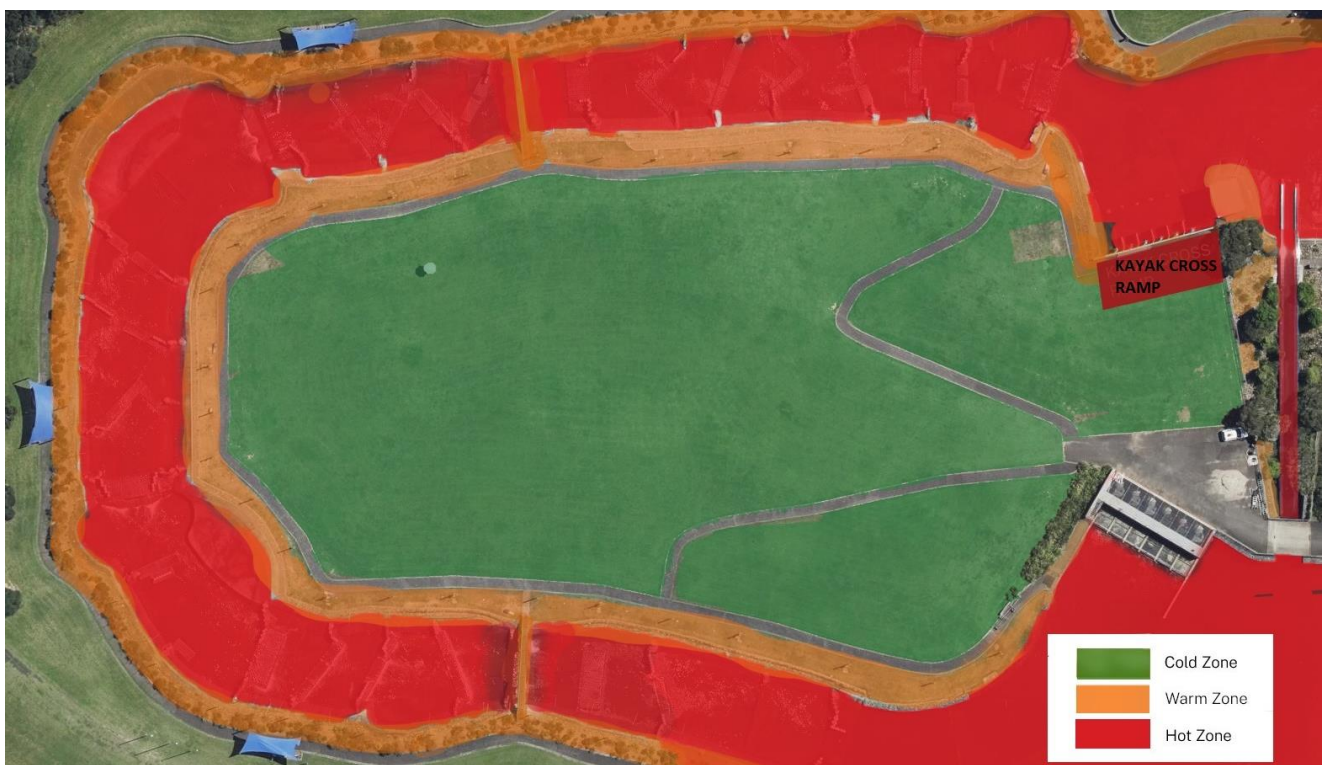
All in-field users must abide by venue signage and instructions from PWS staff.

### **RISK WARNING**

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

### *Zones of Operation*

PWS have established three zones of operation around the whitewater channel when the whitewater is operating. Certain requirements regarding personal protective equipment (PPE) exist for personnel operating within these three zones.



Cold Zone	<ul style="list-style-type: none"><li>• The Cold Zone is considered to be anything greater than 3 metres from the water’s edge</li><li>• The in-field footpath is used as the marker between the Cold Zone and Warm Zone</li><li>• Any authorised person operating within the Cold Zone is not required to wear a personal floatation device (PFD), however ALL other PPE relevant to the task being undertaken must be worn</li><li>• The Cold Zone also includes the two access bridges and the pumping station</li></ul>
Warm Zone	<ul style="list-style-type: none"><li>• The Warm Zone is the area between the in-field footpath and the water’s edge</li><li>• Personnel operating within the Warm Zone must wear a PWS-approved, properly fitted and secured PFD at all times, and must be familiar with the risks of operating in a whitewater environment</li><li>• Only personnel with pre-authorised permission from PWS Venue Management can operate within the Warm Zone without a PFD</li><li>• The Warm Zone also includes the area beneath the Start Tower</li></ul>
Hot Zone	<ul style="list-style-type: none"><li>• The Hot Zone refers to any and all activities taking place in the water</li><li>• Only PWS staff and PWS activity participants are permitted in the Hot Zone</li><li>• Participants MUST be wearing PWS-approved, properly fitted and secured PPE that adheres to the equipment requirements outlined in the PWS Whitewater Paddler’s Code</li><li>• The Hot Zone also includes ALL concrete structures protruding from the sides of the channel (groins), and the kayak cross start ramp</li></ul>

### Slalom Gates

Slalom gates must be moved and adjusted with care. If assistance is required whilst moving or adjusting gates, the user must inform the PWS Whitewater Safety Supervisor.

There are moveable orange steps placed around the in-field to assist with reaching wires.

When moving or adjusting slalom gates, all wires and cords must be at an appropriate and safe distance from the water to allow safe passage of all people and crafts.

The height adjustment of slalom poles must only be done from the shoreline.

No one in the in-field is permitted to enter the empty whitewater channel without appropriate personal protective equipment and permission from PWS Venue Management.

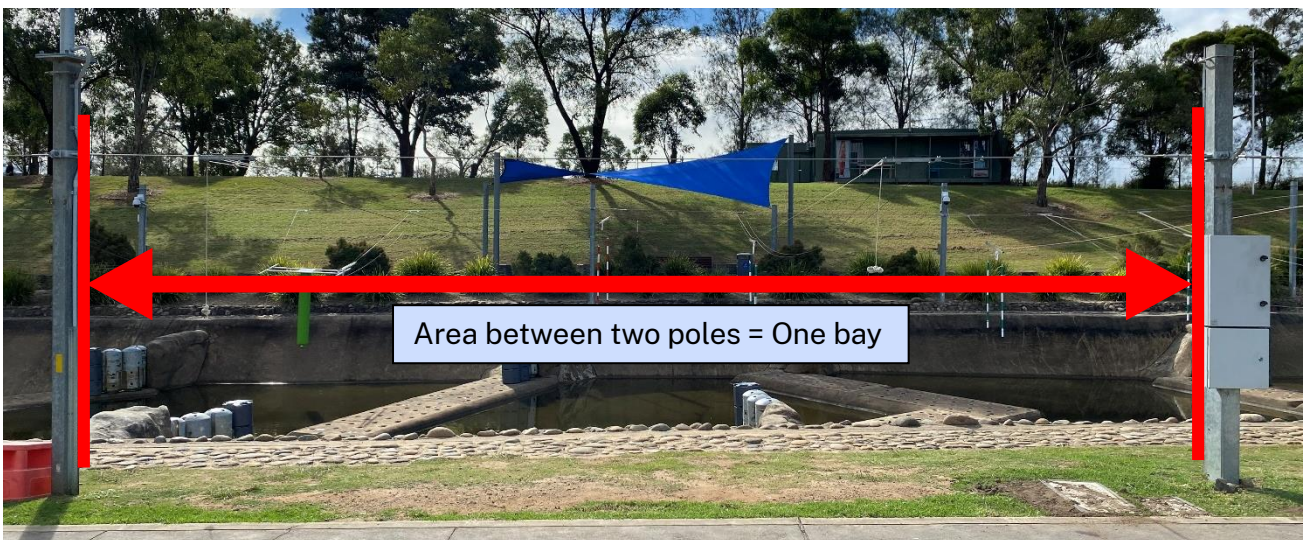


Black cord must only be adjusted on the crossbar horn cleats, not the shoreline plate cleats.



If slalom gate hardware is broken or lost in the whitewater channel during adjustments, the user must inform the PWS Whitewater Safety Supervisor immediately.

If a user requires a slalom gate wire to be positioned into a different bay, please contact the PWS Whitewater Safety Supervisor. A bay is the area between two posts on river left and river right.



If the event hirer requires assistance and/or is experiencing difficulty when moving and adjusting slalom gates, the event lead must contact PWS Venue Management.

### ***Flatwater Warm-Up Lake***

The flatwater warm-up lake is open for all paddling participants to use; however paddlers use the lake at their own risk. The lake is not patrolled or supervised by lifeguards.

#### **RISK WARNING**

**Users may suffer injury or death as a result of using the PWS flatwater warm-up lake**

**All paddlers use the lake at their own risk**

**No single users – a second paddler and/or observer must be in attendance at all times**

**PWS strongly recommends the wearing of life jackets**

All PWS users must stay within the area defined by the buoy line across the lake and the line of white buoys along the PWS shoreline.



For the safety of all PWS users, the following is a list of activities and objects prohibited on the PWS flatwater warm-up lake.

**Prohibited Activities & Objects**

- Swimming
- Diving
- Littering
- Fishing
- Launching of motor boats
- Feeding, touching or disturbing animals
- Removal of vegetation and rocks
- Alcohol
- Fires
- Glass bottles and containers

**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:

- Prevent any damage to the Penrith Whitewater Stadium (“Venue”);
- Protect visitors from suffering any physical injury or harassment while at the Venue; and
- 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

- 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;
- 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;



	<ul style="list-style-type: none"> <li>• Camping or residing within in the Venue;</li> <li>• Throwing rocks into the lakes;</li> <li>• Entering areas that are fenced off, locked or closed to the public;</li> <li>• Obstructing an authorised person from performing his/her duties;</li> <li>• Riding a bicycle, skateboard, or motorised scooter anywhere within the Venue;</li> <li>• Running, roller blading or roller skating;</li> <li>• 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.</li> </ul>
Activities that are prohibited without the Venue’s permission	<ul style="list-style-type: none"> <li>• The collection of money;</li> <li>• The sale or hire of any goods or services;</li> <li>• Conducting amusements, entertainment, venue tours, personal training or performances;</li> <li>• Participation in, or organisation of, any protest, march, demonstration or public meeting;</li> <li>• The display or distribution of any advertising or political material;</li> <li>• Commercial filming (whether cinematic or video) or photography;</li> <li>• The erection of any structures such as marquees, awnings, etc;</li> <li>• The distribution or use of balloons or stickers;</li> <li>• To erect, place or affix any banners or signage within the Venue or on any Venue infrastructure;</li> <li>• The use of any public address system including a hand-held megaphone;</li> <li>• Bringing any animals on to the site;</li> <li>• Bathing, wading or swimming in the lakes;</li> <li>• Sailing, rowing or paddling any water craft in the lakes;</li> <li>• Fishing in the lakes;</li> <li>• Teaching any person how to drive a car or ride a motorcycle;</li> <li>• The operation of motorised model aircrafts, boats or cars; and</li> <li>• Conducting any kind of survey of visitors to the Venue.</li> </ul>
Speed Limits	<ul style="list-style-type: none"> <li>• The speed limit for all motor vehicles is 20kph</li> </ul>
Motorists	<ul style="list-style-type: none"> <li>• Motor vehicles at the Venue must remain on sealed roads and be driven in accordance with all signs; and</li> <li>• 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.</li> </ul>

**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.

Regards,

Venue Management