



HYPOTHERMIA CHECK LIST PADDLERS & SUPPORT CREW

Hypothermia warning signs:

- Slurred speech
- Weakness
- Disorientation
- Combative behaviour
- Shivering
- Increased breath rate

Checklist for support paddlers:

Hypothermia is life-threatening, and swimmers and their support crew must understand the signs.

Ask your swimmer simple questions that you know the answer to in a random order every 30-60 minutes.

These could include:

- What's your address and telephone number?
- When is your birthday?
- What's your mother's maiden name?
- What is the make of your car?

If you are concerned about the state of your swimmer please make contact with one of the water safety crew members out on the course. If necessary, support your swimmer using your craft or paddle. Your swimmer will be evacuated from the course and taken to the First Aid post.

If you are concerned about the state of your swimmer please make contact with one of the water safety crew members out on the course. If necessary, support your swimmer using your craft or paddle. Your swimmer will be evacuated from the course and taken to the First Aid post.