

Cardiff International White Water - Rules, Regulations and Etiquette

General

1. Anyone under the influence of alcohol/drugs will not be permitted to participate in any activities.
2. We cannot give advice on whether or not you should participate in an activity and you should exercise caution in particular if you have had recent surgery or illness, a heart condition, neck, back or bone ailments, high blood pressure or aneurysms or any other similar condition. If you have any doubts or concerns about your ability to participate, you should consult your doctor or other medical practitioner.
3. We do not advise that you participate in activities at CIWW if you are pregnant, if you do so, it is at your own risk. See specific activity information for further limitations.
- 4. Individual activities may carry their own restrictions, please see below.**
5. You must follow all notices, instructions and warnings published onsite or communicated to you by CIWW representatives.
6. Keep hands and feet away from moving parts and remain stationary on the conveyor belt that takes you to the start of the white water course.
7. All craft may be subject to approval by CIWW before use.
8. Non CIWW Coaches/Organisations must complete a "facility hire form" and "facility hire checklist" before using the facility.
9. CIWW Staff reserve the right to ask any participant to leave the premises, without a refund.
10. All participants must complete the relevant forms before participating in any activity at CIWW.

Park & Play

1. All Park & Play users must visually inspect the course and be happy in their personal ability to paddle in these conditions.
2. All Park & Play users must be able to self rescue in the case of capsiz.
3. All Park & Play users must wear a white water buoyancy aid (to meet ISO 12402-5 or EN 393 standards) and an appropriate helmet (to comply with EN standard 1385) when on the moving water.
4. All Park & Play participants must be able to swim in moving water, with the assistance of a buoyancy aid.
5. No deliberate swimming is allowed in the white water channels (unless part of a recognised training course booked beforehand).
6. Throwbags are not permitted on the white water course (unless part of a recognised training course booked beforehand).
7. Upstream boaters always have the right-of-way. Make sure you look before you leave the eddy.
8. If you see another boater struggling, please help or notify someone who can help.
9. Craft designed for moving water only are allowed in the channel.
10. Bibs must be worn at all times, and be clearly visible when paddling at CIWW.
11. If you do not return your bib, the unreturned bib fee is £50.

Non CIWW Coached Activities

1. All Non-CIWW-Coached participants must be able to swim in moving water (where relevant) with the assistance of a buoyancy aid.
2. Buoyancy Aids must be worn near or on the water.
3. If you choose to use your own craft at the Facility it is your responsibility to ensure that all such craft are of satisfactory quality and fit for purpose. You must ensure that you have the required safety equipment i.e. appropriate personal protective equipment, buoyancy aid, harnesses, appropriate helmet.

Indoor Surfing

1. CAUTION! The ride surface is very slippery. DO NOT attempt to walk on the ride surface. You may only stand to walk and exit after coming to a complete stop on the dark blue drain grating. .
2. All OpenSurf users must visually inspect the Indoor Surfing area and be happy in their personal and physical ability to surf in these conditions.
3. **Do not** participate if you have any of the following conditions:
 - Recent Surgery or illness.
 - Heart Condition
 - Neck, back or bone ailment.
 - High blood pressure or aneurysms.
 - Pregnant.
4. Appropriate clothing for the activity should be worn at all times. Jewellery, hats, foot wear of any kind, long nails, glasses, goggles or loose articles of any type are not recommended on the ride due to risk of injury.
5. Avoid jumping into or entering the ride at high speed; avoid weight on front foot – you will wipe out! (OpenSurf only).
6. All OpenSurf users must be able to self rescue in the case of wipe-out. If you wipe-out, do not hold your board. Release board immediately, cover your head and keep limbs close to your body. Brace for impact with feet first.
7. Single stand up riding only is permitted (OpenSurf only). Tandem riding is allowed for body boarding only.
8. This is a very strenuous ride. All participants must take responsibility for their own safety in fast moving turbulent water.
9. You must be at least 107cm tall to body board and you must be at least 132cm tall to stand up ride (OpenSurf only)

AirTrail

1. All hair must be tied back and loose items (i.e drawstrings) must be tucked into clothing or removed.
2. All jewellery must be removed and pockets emptied (rings that cannot be removed must be taped over to minimise associated risks).
3. Instructors ONLY to adjust safety equipment after fitting.
4. No more than ONE person on each element and TWO persons on each platform at any one time.
5. Zip Lines and the landing platforms must be clear of other users before leaving the starting platform
6. Hold lanyards on Zip Lines.
7. Only move in one direction along the course.
8. Maximum weight is 18 stone (115kg) per person.
9. Minimum height is 132cm but children 107cm+ can take part if accompanied by an adult on the session.
10. All children 6 years old or younger must be accompanied by an adult on the AirTrail session.
11. 1 adult (18 years older) can accompany a maximum of 2 children.