If you can't reach to call for help, help can't reach you.

If you need help, here's what to do.

USING A RADIO:
1. Press Channel 16 button.
2. Activate DSC alert if fitted.
3. Press and hold transmit button and say: Mayday, mayday, mayday. This is ... [your name 3 times]. Call sign ... MMSI ... Mayday, [your name]. Call sign ... MMSI ...
4. My position is ... [describe position and give GPS location if possible].
5. We are ... [describe the nature of distress, the assistance required, number of people and craft followed by any further information].
6. Say over and wait for a response.
7. If no response -- repeat procedure.

USING A MOBILE PHONE:
Call 999 or 112 and ask for the coastguard.
While you are waiting for help, stay with your kayak -- you make a larger target for search and rescue teams.
If you can get your body even partially out of the water, it'll significantly increase your survival time.
Always carry a means of calling for help and keep it within reach. If you can’t reach it in an emergency it’s no help.

**BE IDENTIFIED**

**WEAR AN ID STICKER**

This ID sticker will save time – and potentially your life – in a rescue situation. Having your basic information allows others to raise the alarm and track you down if they find your boat unattended.

If you lose your gear whilst you’re out paddling please tell the coastguard. That way we’ll know that you’re safe and won’t launch a search for you.

**HOW TO USE AND APPLY IT**

Fill in your details using a thin, waterproof, permanent marker. We recommend placing the sticker within the hatch of your vessel, where it’s dry but fairly visible. Make sure the boat’s surface is completely clean and dry. If the surface is cold to the touch, warm it slightly with a hairdryer or heat gun. Peel the backing paper off the SOLAS reflective tape strip, position the tape and smooth it down slowly to prevent air bubbles.

• Wearing a well-fitted, well-maintained and suitable buoyancy aid could save your life.

• When choosing a buoyancy aid, check the size and fit by adjusting the shoulder straps, then lift from the shoulders. It should not be possible to move the jacket. If it slides up, try a smaller size or tighter fit.

• Check product labelling for weight and size guidance.

• Choose one that’s cut away around the shoulders and the arms, for comfort when paddling. It should have a belt or drawstring to pull it tight around the waist.

• Choose a brightly coloured one that can be easily spotted. Make sure it has enough pockets to store your calling for help device and any other equipment. Attach a whistle on a lanyard, and at night attach a small strobe light.

• Check your buoyancy aid regularly for visible signs of deterioration.

For more tips, go to RNLI.org/ChooseItWearIt

**BE SEEN**

**REFLECTIVE TAPE**

Whenever you’re on the water, your visibility is important. But during a rescue, it can be a lifesaver. Increase your visibility by sticking this SOLAS-approved reflective tape to your boat and paddle and displaying appropriate lights if out at dusk or night time.

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