


About this Paddler		In case of Emergency (ICE) Contact Details	
NAME		Name	
Date of birth		Relationship to paddler	
Address		Mobile number	
Relevant medical information		Landline number	
Control measures		Address	
Blood group	<b>P.T.O.</b>	e-mail	
		Coastguard numbers: Aberdeen – 01224 592334 Stornoway – 01851 702013 Belfast – 02891 463933	
		<b>P.T.O.</b>	



### Tayside Sea Kayak Club ICE (In Case of Emergency) Card

Please fill in the card and print it out. It can be folded in two and laminated.

You are respectfully expected to carry your ICE card in your buoyancy aid on all TSKC paddles. It is good practice to do so whenever you are kayaking.

You may wish to consider securing the card – e.g. punch a hole in the laminate (outwith the paper area) and thread a string through, or attach a lanyard, tying the other end to your BA – and/or marking the pocket that contains your card with the letters I.C.E.

#### Relevant medical information

Please record any medical info that may be relevant to your paddling, and any measures that may be needed to alleviate the issues. Any of the following should be noted, along with other relevant conditions not listed here: sea-sickness, asthma, diabetes, epilepsy, muscular/skeletal issues, allergies, heart conditions, hearing or visual problems. Include blood group, if known.