

LONGRIDGE CANOE CLUB



Paddle Start Award - Joining Instructions and Information -

Thank you for your interest in our introduction to Racing Kayaks. We are going to deliver the syllabus through the 'Start Award'.

BEFORE THE DAY

To confirm your place you will need to have completed our on-line booking and made the Course Fee payment.

ADDRESS

The sessions will take place at : **Longridge Activity Centre, Quarry Wood Road, Marlow, SL7 1RE**

In the event of adverse river conditions we may need to change the venue (or change the day) – we will endeavour to give as much notice as possible if this looks likely.

Important: Longridge Canoe Club operates independently to the Activity Centre, we just share the site.

> Sorry, dogs are not permitted anywhere on the Activity Centre site.

TIMING ON THE DAY

For the first session please aim to **arrive about 10 minutes before the advertised session start time.**

The sessions normally last about 60 to 90 minutes, depending on numbers and the weather.

CAR PARKING

We suggest that you park in the **overflow car park - the 2nd car park** when coming from the Marlow direction.

We do not have reserved parking but **we can provide you with a Parking Permit for the duration of the session.**

There is a 20-minute grace period which allows time for collecting and returning permits. If you do not collect a permit from us then you should use the 'pay & display' or 'app pay' (details on site).

Permits **MUST** be handed back before leaving - replacements for lost or missing permits are £60 each and will be charged for.

Any parking charges or fines are completely beyond the control or influence of the Canoe Club - we do not own or operate the car parks.

MEETING POINT

> You do **not** need to go to the main Activity Centre Reception : we operate independently from them : **come to us first.**

Our **meeting point** is at the **Canoe Club's boat shed**, which can be found at the far **east** of the Activity Centre's site (**behind** a large shipping container).

> So, from the overflow car park, stood with your back to the road, walk to the right and you will reach our boat shed area with green mesh gates.

On the Next Page we give tips about what to wear
and other important information to ensure enjoyment of the sessions!

LONGRIDGE CANOE CLUB



WHAT TO WEAR

Multiple thin layers are normally better than one thick layer.

You and your clothes WILL get wet. We recommend you bring a full change of clothes and a towel for afterwards. Please be 'modest' if changing by your car or in view of other people using the Activity Centre.

Please arrive changed ready for your session.
We suggest [[late spring/summer/early autumn](#)]:

Best...

- > **light-weight sports clothing**, synthetic & lycra type materials are ideal: something that you might wear jogging or cycling should work well.
- > **something for your feet**: thin neoprene beach footwear, or thick socks as minimum; less suitable are trainers.
- > for **chilly/colder days**, long-sleeve thermal tops & bottoms ("base layers") would also be advisable.
- > having a **light-weight cagoule** can be useful all year round for warmth and protection from the wind.

Avoid...

- > **Cotton, jeans, woolly clothes, or other heavy clothes and heavy shoes/boots are NOT suitable.**

There are changing rooms and showers in the Activity Centre's main toilet block.

- **COVID-19 Restrictions** : Changing rooms, showers and toilets may be closed or restricted. Unfortunately this is outside of our control. We will try to warn you in advance if this will be applicable for your session.

HOW TO BE SAFE DURING THE COURSE

Please listen to the session leader/coach at all times.

Let us know now and your coach know on the day, if

- you have any illness, injury or condition that might have any implication for your activity;
- you are unable to swim 25 metres or you have any fear of water.

- > You may **only** approach the water/riverbank/pontoon with the clear instruction to do so, and you **must** leave the water/river when asked to do so.
- > All instructions will be for your safety, the safety of those around you, to avoid damage to equipment and for everyone to get the best experience from the session.
- > Wearing of a Buoyancy Aid is compulsory for all participants, you will be provided with one to use.
- > It is possible that you will capsize (fall out of the boat) – it's part of the fun! We will be on-hand to assist and you will be wearing a buoyancy aid. With the type of boats we use it is extremely easy to 'exit' the boat in the event of a capsize, so there is **no** need to have any fear of becoming trapped underwater.

Whilst we do everything possible to avoid changes to plans, we do have to react to unforeseen eventualities including weather/river conditions, safety or medical issues, the abilities of the participants and the availability of our volunteers. We will advise you of any significant changes with as much notice as we can.

Longridge Canoe Club is a Members' Club, run on a volunteer basis. Whilst you may have paid a fee for your course that money covers the Club's overheads, running costs and basic expenses for the coaching team. This means whilst safety is always still paramount we do otherwise operate with a slightly more relaxed approach, we ask the same in return with your expectations.

If you need any further information then please check the [website](#) or let us know. In the meantime, we look forward to seeing you at the session
