

# Introduction Course for Kayaking & Canoeing



## BACKGROUND INFO

This course is designed to introduce novices to a range of skills and knowledge required to begin kayaking. The sessions will cover safety, paddle strokes, equipment, capsizing etc.

## VENUE

Wilsham Road, Abingdon between the rowing club and sailing club.

## DATES

Thursdays for 6 weeks 11<sup>th</sup> May 2017 to 15<sup>th</sup> June. Optional BC 1 star assessment at the end of the course.

## TIMES

6:15 to 9:00 pm approx.

## ABILITY

Should be 18 years or over and be able to swim 50 metres in your clothes.

## EQUIPMENT

Kayak, paddle, buoyancy aid, helmet and spray deck will be provided. Please feel free to bring your own if you have this equipment.

## CLOTHING

To kayak in: Neoprene shoes/wet-suit boots (not trainers!), lightweight windproof jacket, tracksuit or thermal trousers (or shorts if warm). Thermal t-shirt, woolly jumper or fleece. **YOU SHOULD BE PREPARED TO GET WET IN THESE CLOTHES.** Towel and change of clothes.

## FACILITIES

Minimal – We work from the riverbank, but we do have a toilet. Parking is off site, so it is best to arrive changed for the river, with your dry kit in a bag.

## COACH

David Mattingly– UKCC L2 Coach.

## COST

£120. This includes membership of KCC until Dec 2017.

## CONTACT

Contact Louise Royle to reserve a place. Spaces allocated on first come first reserved basis.

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