

CHISWICK PIER CANOE CLUB

Notes for Newcomers

Welcome to Chiswick Pier Canoe Club and our Sunday paddle.

Here are some important notes to make your outing with us safe and enjoyable.

KIT

We'll supply the boating necessities: a kayak, paddle and buoyancy aid.

You have to have suitable footwear (which you don't mind getting wet) and enough warm clothing (borrow a Club cag if you need one). It's always a good idea to take spare clothes with you in case conditions change; and to have dry clothes to change into when we get back. In winter hats are a good idea; in summer, don't forget sunscreen. Take some money with you as we often paddle as far as a pub to refresh ourselves before paddling back.

Draping a spray deck over your legs will help keep them dry, but you need pool-training to use one properly!

ON THE WATER

On Sundays we provide the basic coaching needed to paddle successfully but you are advised to develop your confidence by attending pool sessions and joining one of our regular structured courses.

A few key safety rules:

Don't paddle off – stay in contact with others.

If the coaches (the paddlers in fluorescent bibs) tell you do something – DO IT!

Stay clear of moored boats.

Keep a look-out for rowers and other traffic on the river.

AFTER THE SESSION

Everyone is expected to help put boats and kit away. If people are picking you up, they need to be at the Pier by 1pm.

Canoeing and kayaking are "Assumed Risk" and "Water Contact Sports" that may carry attendant risks. Participants should be aware of and accept these risks and be responsible for their own action and involvement.