

Course Joining Instructions



Travel to Rickmansworth Aquadrome (post code WD3 1NB) and aim to arrive at the Paddlesports 10 minutes before the course start time (aim to arrive in the Aquadrome 15-20 minutes before the course start time so you can find the Canoe Sports Trust and BLYM Site).

Private outdoor changing facilities are available should you wish to use them though many people find it easier to arrive in the clothes they intend to paddle in, hot showers are available should you wish to wash before you leave at the end of your session.

What to wear

- a pair of water shoes or non-bulky trainers (that may get wet)
- a T-shirt
- a pair of shorts/leggings
- a waterproof top (cagoule or similar) for if it's windy
- a lightweight fleece (optional)
- a wetsuit (optional)
- we will provide a buoyancy aid which must be worn whenever you are afloat

What else you will need to bring

- a towel
- a full change of clothes, this is a water based activity and you are likely to get wet
- a bottle of water
- sun hat (if sunny weather is forecast)
- sun cream (if sunny weather is forecast)
- a packed lunch and a cold drink – hot drinks will be supplied should you need one.

The Canoe Sports Trust



If you need to leave early or are going to arrive late, please ensure that you let us know well before the session as we may need to make alternative arrangements to accommodate you.



Should you have any questions, please do not hesitate to contact me or take a look at the **Blog Posts** on our website: Canoesportstrust.org.uk

Kind Regards,

*Paul Childerhouse

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