

TEAM **K** EANE

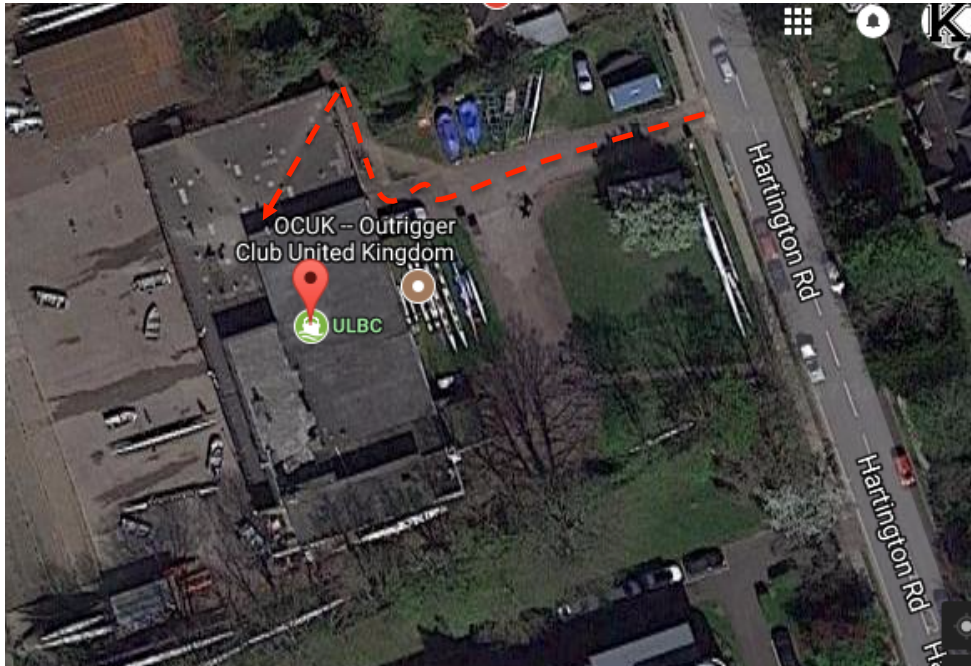
Sculling School

www.teamkeane.com, enquiries: admin@teamkeane.com

CAMP CHECKLIST

Address

- 81 Hartington Road, Chiswick, London, W4 3TU.
Please follow the route up the stairs as shown below into the boathouse clubroom.
Please note there is NO parking on site. There is free parking on Hartington Road and the other roads nearby.



Kit & Food

- If you are not having hot meals please bring a packed Lunch for each day & a water bottle to take into the boat.
- Dress appropriately for the weather;
 - If it is very cold make sure you wear lots of close fitting sports layers so you can de-layer in the boat if you get warm or layer up if you start to feel chilly again.
 - If it is sunny then please make sure you bring sun cream & a hat.
 - If it is raining please bring a lightweight rain Mack! Heavy overcoats are not to be worn in the boat as they hinder your ability to row.
- For all tops please avoid front pockets, i.e. hoodies or choose clothing where the pockets can be zipped up as the oar handles get caught in open front pockets.
- On your feet please wear either Wellies with a couple of pairs of socks on to keep your feet warm, or if you don't mind the conditions you can wear trainers, but be warned your feet will get wet! You can also bring a pair of trainers to wear on the Ergometers & in the boat.
- There are showering facilities available in the changing rooms. So if you would like to use these then please bring towels and soap etc....
- We recommend you also like to bring a spare set of dry clothes to change into after your session.... sometimes it can get a little splashy.... it is a water sport after all! ☺

Valuables

- As the boathouse is a shared facility and accessible to the public we cannot guarantee the safety of your belongings.
- We recommend you do not bring anything valuable to the club unless totally necessary.
- We have a small safe which we can put mobile phones and small wallets in.

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Attendance

- Please aim to arrive 15 minutes before the start of your session so that Registers can be taken without delay. Registers are taken at the start of the session & if you are late we cannot guarantee that you will be allocated a seat in a crew and you may have to complete your session working on technique on the land.

Hygiene

- Please be sure to wash your hands after your session before eating anything. Unfortunately there are a number of nasty bugs in the river, which can make one feel unwell. However by practicing good hygiene after a session this should not be a problem.
- Please also be reminded to rinse off Wellies using the taps at the front of the boat bay. Please do not rinse Wellies off in the changing room showers or sinks. This is unhygienic and blocks up our pipes!

And finally, most importantly we want all participants to have fun and enjoy the sport so we hope you have a great time learning to row with us and please feel free to talk with the coaches about how your session went and if you have any particular concerns or objectives, we are here to help and support you develop in the sport.

Many thanks & we look forward to meeting you!
The Team