

TEAM KEANE

Sculling School

STARTER INFORMATION

KIT



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.

Fitted fleeces are great! Make sure you are wearing warm socks and bring a spare pair! You won't regret it!!

For all tops please **avoid front pockets** or choose clothing where the pockets can be zipped up as the oar handles get caught in open front pockets.

Woolly hats are a must and you are welcome to wear gloves as long as they are not too bulky.



If it is sunny, even in the winter you can get burnt. So on sunny days we recommend using sun cream on your face and wearing sunglasses as the glare on the water can be quite strong.

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 and are a snagging risk on equipment. You can pick up a decent pack-a-mac quite cheaply and these are ideal.

Please bring a water bottle as you may get thirsty and hydration is very important.

Please be advised that if a coach feels that you are not dressed appropriately for the weather and feels you

are at risk they have the right to keep you on the land or to call a guardian for you to be picked up.



LIFE VESTS.

If you cannot meet the swimming requirements or prefer to wear one please be sure to ask for a life jacket, these are available at the boathouse.

FOOTWEAR:

On your feet please wear long wellington boots with a couple of pairs of socks on to keep your feet warm.

you can carry trainers to wear inside the tub boats, but you will be expected to stand, up to your shins in the river whilst placing the boats on the water so the boots are essential



FACILITIES:



There are showering facilities available in the changing rooms. So if you would like to use these then please bring towels and soap etc....

Please note that these are shared facilities so you are expected to leave the changing rooms in a clean and tidy state.

Please DO NOT clean mud off your boots in the showers or the sinks, it blocks up the pipes and the drains. Please use the taps and hosepipes outside the front of the

Boatbay.

Please can you also 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 cannot be held responsible for anything that goes missing on site.

ATTENDANCE;

Please be prompt in the changing rooms. It is important that you are punctual for the start of the session otherwise this will cause a delay to the start of the session, which will affect the whole group.



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 you feel very unwell, however by practicing good hygiene after each session this should not be a problem.

If you feel unwell after a session please seek professional medical advice as soon as possible.

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.