

STARTER INFORMATION



KIT....

Dress appropriately for the weather.

Make sure you wear lots of close fitting sports layers so you can delayer in the boat if you get too warm or layer up if you start to feel chilly again.

Fitted fleece's & Lycra sports base layers are great! Avoid cotton and wool as they become waterlogged & heavy when wet.

In the winter make sure you are wearing thick warm socks and bring a spare pair. You wont regret it!! Woolly hats are also a must during the cold seasons and you are welcome to wear gloves as long as they are not too bulky and have grips so you are able to manage the oars or paddles.

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.

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

If it is raining please bring a lightweight rain Mack to wear over layers! Heavy overcoats are not to be worn in the boat as they hinder your ability to move 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 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!

Please be advised that if a coach feels that you are not dressed appropriately for the conditions and feels you are at risk on the water they have the right to keep you on the land or to call a guardian for you to be picked up.

FOOTWEAR...

Rowing....

During the colder months please wear long wellington boots with a couple of pairs of socks on to keep your feet warm. Make sure your wellies are a couple of sizes big otherwise you will have trouble removing them if they become swamped!

You can carry trainers or water shoes to wear once inside the tub boats, but whilst boating you will be expected to stand, up to your shins in the river so the boots are essential

In the summer trainers or crocs are great. Flip flops are NOT permitted as they are a tripping hazard. Providing the soles are thick water shoes are ok but be aware that there are sharp objects on the bank if the soles are thin can cause injury.

Please be aware that whilst boating you will be expected to stand in the water, so if wearing trainers don't wear your best pair and make sure you bring a pair of dry shoes to wear home after your activities.

Kayak & Canoe....

You can wear trainers or water-shoes, but again be aware it is in the nature of water sports that you get wet so don't wear your best trainers & bring a pair of dry shoes to wear home after your activities incase they do get wet!

LIFE VESTS...

In Kayak and Canoe buoyancy aids are compulsory. In rowing, however because of the technique they are not, however if you cannot meet the swimming requirements of 50 meter in light clothing or prefer to wear one please be sure to ask for a buoyancy aid at the start of the session.

FACILITIES:

Rowing....

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

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.

Kayak & Canoe...

There are showering & changing facilities available in the Canal & River Trust amenities block which can be accessed upon request to the coach. So again if you would like to use these then please bring a towel and soap etc....

At all sites please note that these are shared facilities so you are expected to leave the changing facilities in a clean and tidy state after each use.

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ATTENDANCE...

Please be prompt for registration with your coach at the advertised start time for your session.

In order to avoid causing a delay to the start time of the session, resulting in reduced time on the water for the group, Coaches may not be able to guarantee late arrivals a seat in a crew.

The coaches will do their best to accommodate late arrivals but they may end up either as a passenger in a launch assisting the coach or in a spare seat in any crew available at the time. If there is no seat available either in a crew or a launch they may be required to return home.

Please note that if your arrival time is later than 15 minutes & all the crews and coaches are already on the water there are no facilities provided to supervise children on site during the session & as such we are unable to take any responsibility for the safety of your child if they remain on site unsupervised. For the safety of your child you will be required to either stay with them on site or take them home, which ever is preferable.

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.

FURTHER READING & GUIDANCE...

Further guidance regarding all our club safety policies including Child welfare & Safeguarding can also be found on our website, www.teamkeane.com



LINK >> [CLUB SAFETY POLICIES & PROCEDURES](#) <<
or go to <https://teamkeane.com/rowing-sculling/members-area/>

As a affiliated Water Sports provider, Team Keane follows all governance and guidance provided by our national governing bodies, British Rowing & British Canoe. Further reading provided by these governing bodies can be viewed on their respective websites. Please click on the logos below to be taken o the respective websites.



**BRITISH
ROWING**

LINK >> [BRITISH ROWING HOMEPAGE](#) <<
or go to www.britishrowing.org



**BRITISH
CANOEING**

LINK >> [BRITISH CANOEING HOMEPAGE](#) <<
or go to www.britishcanoeing.org.uk

FINALLY...

Please feel free to talk with the coaches about how your sessions are going and if you have any particular concerns or objectives, we want to hear from you to better help us to support you to develop in the sport.

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 either row or paddle with us.

