**Reading Family Aid**

**Canoe Experience**

This is an opportunity for young people (10 -15 yrs) to try their hand at canoeing in a fun and informal session under the expert guidance of Reading Canoe Club coaches.

All costs are covered by Reading Family Aid.

**Dates** 9th, 17th, & 25th August 2021

**Times** 1.30-3.30pm

**Location** Reading Canoe Club, The Warren, Caversham, Reading. RG4 7RE

Places need to be booked with viviennesimpson@readingfamilyaid.org

All places will be allocated on a first come, first served basis.

**Things to know:**

Wear old clothes: T shirt and leggings are ideal. Bring a waterproof jacket if you have one. No jeans or trainers.

Bring a change of clothes and a towel (you will get wet!).

You do not have to be able to swim but you should be confident to be on & in the water, everyone must wear a buoyancy aid which will be supplied.

A responsible adult must bring and collect every child and leave a contact number with the coaches.

Consent forms, available to access on, <http://reading-canoe.org.uk/docs/useful_docs/PARENTAL%20CONSENT%20FORM%202018.pdf>must completed and returned to Vivienne, preferably at the the time of booking, but at least one week before the event.

**IMPORTANT – Covid-19 procedures**

 1)    Please ensure you turn up in kit ready to paddle whenever possible – a list of what to wear can be found on our website. After the session, ideally go home in the same kit, to avoid use of changing rooms where possible. However, our changing rooms are open if you need to use them. Obviously after a capsize, you will need to shower and change.

2)    We have sanitiser on site, by the lower lobby door – please remember to use it before you sort out your equipment for the session and after the session as well.

3)    The equipment required – paddle, buoyancy aid, boat – will be outside or in the boatshed, so there should be little need to go inside the building.

4)    Please remember to maintain social distancing with other paddlers and coaches wherever possible.

5)    After the session, the coach will ask you to wipe down the boat and paddle. Materials for this will be provided. Buoyancy aids will be dipped in liquid or sprayed by the coach.

6)    Please launch by the step ladder and, when you return, if it's busy, come off the water by the pontoons. The coach will point these out.

7)    When your session is finished, please sort out the equipment used, as requested by the coach, and exit the site promptly.

8)    We recommend that valuables are not brought to the club for the session.

**To Parents:**

9)    If you are waiting to pick up your child, please do so outside the site, to save congestion, or wait on the top terrace socially distanced from other parents, well out of the way of paddlers and boats coming off the river.

10) We have a Track & Trace QR code up around the club. Please use it to check in and out of the club.

**PLEASE REMEMBER: if you or your child, or any member of your household is feeling unwell or displaying any signs of Covid-19, or if you have been asked to self isolate, please do NOT come to the club. If you do develop symptoms, please let us know immediately, so we can carry out a track-and-trace.**