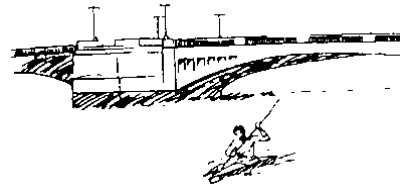


# Reading Canoe Club

The Warren, Caversham, Berkshire, RG4 7TH  
Email: [info@reading-canoe.org.uk](mailto:info@reading-canoe.org.uk)



## **Under 10's Junior Fun Sessions – Members-only please**

**Mondays and Thursdays 5.15pm – 6pm No sessions on Bank Holidays**

Suitable for paddlers aged 6-10 years old. Paddlers should be under 10 on 1<sup>st</sup> January.

**Arrive at the club at 5pm, ready dressed for paddling. Session commences at 5.15pm on the water. Session finishes at 6pm.**

These small group sessions are usually run by Nigel Frankland, one of our most experienced club coaches. His aim is to get all the children to enjoy paddling and build skills and confidence in a boat – mainly using closed cockpit and open canoes. Nigel's friendly and patient approach enables participants to learn important boat skills almost without realising it! Children who have done these sessions usually develop boat skills and confidence (both in and out of their boat) that most adults will envy!

### **What You Need to Know:**

***Places must now be pre-booked and participants must be Club Members or have a Family Membership. Club membership for Under 10's costs £100 per child per annum.***

Children attending the sessions need to be confident in water; ideally, they should be able to swim, although they will be wearing a buoyancy aid. For their own safety, it is really important that children are able to listen to and follow instructions, particularly when they are on the water.

Your child will get wet! Please make sure they bring suitable clothes to paddle in and a change of clothes and towel for after the session.

**Suitable clothing:** Jeans and thick cotton clothing are **not** suitable, particularly when the weather is cooler. Lighter thermal layers are better, with a lightweight waterproof cagoule in cool or windy conditions. Lightweight water shoes which can get wet should also be worn. If you are not sure if clothing or footwear is appropriate, do ask. Please don't forget to apply sun cream on sunnier days!

You are welcome to stay and watch the sessions, but please stay on the upstairs terrace, out of the way of boats coming on and off the water. If you do go offsite, please ensure we have up-to-date contact details. Please be aware that the coach is responsible for your child during session times only.

**At the end of the session:**

Please help us by ensuring your child hangs up their buoyancy aid and puts away their paddles. We ask that parents help empty their child's boat and put it away.

**Other information:**

Occasionally a session may be cancelled due to work commitments or adverse conditions. If this happens, we will try to notify participants through the Facebook group so we recommend that you join this (search for "**Reading Canoe Club Under 10's**").

If you have any other queries about the sessions, please speak to Nigel or Phoebe.

Jill Harbridge and Tamsin Phipps (Club Welfare Officers) are also available if you have any queries or comments on Safeguarding and Welfare matters (contact on: [welfare@reading-canoe.org.uk](mailto:welfare@reading-canoe.org.uk)).

**Happy Paddling!**

**Nigel, Phoebe, Jill and Sarah**

Fun Sessions Information - April 2023