



HINTS & TIPS

BEFORE

Why not do a site visit? Familiarise yourself with the site facilities available to you i.e. changing, kitchen, showering, car parking etc.

Check if **refreshments** are available or need to take your own. Having a warm drink and biscuit at the end helps to refresh and wind down.

http://guidingmanual.guk.org.uk/activities/activities_by_theme/water.aspx Make sure you conform with the Guiding Manual for the respective activity.

Have **Consent Forms** completed for the Event with Emergency Contacts:

https://www.girlguiding.org.uk/pdf/8033_InfomationConsent.pdf

Have a **Risk Assessment** completed for the activity and site specific. Paxmead has a generic one that can be added to.

CLOTHING

Dress appropriately for the weather and water temperature:

Wetsuits are ideal but not always needed

Bathers

Joggers with long sleeve tops and / or waterproof – chilly weather

Shorts with T-shirt – warmer weather

Suitable covered toe shoes that stay on when swimming – not wellies, crocs, flip flops

Clothes should be comfortable and allow movement

Long hair tied back

Hint – Baseball caps are great for all weathers (rain/sun)

Remember a towel.

Have **change of clothes** including footwear to go home with, including warm jumper/coat.

We supply buoyancy aids (and helmets, if needed).



ON THE DAY

Indicate what *type of session* is wanted in advance:

'Have A Go'	Training for an Award
Basic Training / Skills	Wet or Dry
Playing	Test for Award

Be aware of ratios – the Coach should ensure the correct Coach levels/quantities are correct for the water classification.

Participants should listen to the Coach. If they can't hear /don't understand, say so! You'll get more from the session.

Make the Coach aware of any health / concerns for the group. *Medications* can go on the water in dry containers if needed. Most coaches will have current First Aid training.

Warm up and capsize drill should be covered at the start of the session so participants know what to do if they do fall in.

Take a grab *First Aid kit* with you. The Coach will probably have one in their boat and there should be one at the site.

If the Guiding Leader is wary of taking the girls and going on the water try a *'Have A Go' session*. There are more stable boats available, give them a go. Young participants are more encouraged if they see their Leader eager to join in.

Coaches can be surprisingly resourceful and aim to help all willing participants on the water regardless of ability.

Many games that you play on land can be adapted to the water.

Why not make it special – have a *Promise Ceremony* afloat.

Different *Types of Paddling* to try:

- Bell boating
- Canoeing
- Coracles
- Dragon boating
- Kata Kanus
- Kayaking
- Stand Up Paddleboarding

If you have any specific queries or concerns, contact you County Boating Advisor.

REMEMBER this is a Watersport; you may get wet!

HAVE A GO

Looking for a route? Why not use the search at:

<http://www.canoe-england.org.uk/our-sport/places-to-paddle/>

