



Please retain this information sheet – copies available at www.soak.org.uk

DATES AND TIMES:

No SOAK Session on Tuesday 28th May
River Sessions Start on Tuesday 4th June
River Sessions End on Tuesday 20th August

Meet at the Boat Store at 7pm
(Behind Leisure Centre, near Skate Park)
Off the water / back to boat store approx 9pm

PARENTS NOTE:

If sufficient coaches are not available on the night places will be allocated on a first come first served basis - **do not leave children in the Car Park assuming the Club will have space for them or accept responsibility for them.**

Please be mindful that the session may finish early due to bad weather (including poor light) and may also finish later than 9pm. **You must be ready to receive your children when they arrive back at the boat store. Parents of younger children will need to help their children to and from the river. Please help put kit away after paddling.**

CLOTHING:

Arrive ready to paddle in Swim Wear, T Shirt or Thermals (not cotton, pref. polyester), Fleece Top, Track Suit Bottoms (not cotton) or Wet Suit, Old Trainers/Flip Flops/Sandals/Wet Suit boots (Footwear with substantial soles). You are likely to get muddy and wet.

If you wear glasses something to hold them on. Medication if required

Towel and Dry Clothes to change into. / Large Waterproof container / bag to take wet kit back home

(WARNING - Failure to be properly equipped could result in you not being allowed to paddle for your own and others safety)

EQUIPMENT:

Club equipment can be hired for the evening for normal pool fees including kayak, cag, spray deck, buoyancy aid, helmet and paddle.

(WARNING - you are responsible for the equipment you use AND for getting it to and from the River)

Activities

Activities take place on various areas of the river Avon, including flat water close to the leisure centre, and, for the more experienced, the area near the rec, and Lucy's Mill weir. Qualified coaches will carry out instruction, in groups, according to the paddle-power and star rating schemes, as appropriate. Beyond this stage, practice and play activities will be supervised. Coaches are trained in both paddling skills and canoe safety techniques.

CONDUCT:

As the river is not an enclosed environment, and potentially hazardous, we will expect everyone to carefully respect the instructions of the coaches running the session to ensure everyone's safety.

PTO

MEDICAL ISSUES:

You (parent / guardian if U18) must inform your coach of any medical condition that you think may be relevant to you taking part in water-based activities. You should also be aware of these potential medical issues:

Hypothermia – this is when a person's core temperature drops. You can lower the risks by before paddling eating well, be of a suitable fitness and wear correct equipment no matter what the weather. Symptoms of serious and deep hypothermia are unusual behaviour, slurring of speech, violent outbursts of energy, lack of muscle coordination as well as blue lips and numb extremities. To treat hypothermia give the casualty plenty to eat and sheltered rest. Try to warm them up slowly, never give them hot drinks, rub them or give them alcohol.

Hyperthermia – this is the body overheating, which can lead to heat stroke. Prevent by keeping cool, don't take off necessary kit as you can chill rapidly. Symptoms are feeling unwell, weakness, head aches etc and treat by cooling down usually with shaded rest. Linked with hyperthermia; watch out for dehydration, to prevent and treat drink plenty of fluids – not alcohol, and sunburn, water reflects UV light on to you when you are paddling.

Aural Osteomata or Surfer Ear - Occurs when frequent submersions in cold water cause a bony growth to appear in the paddler's inner ear. This can cause ear infections and rarely deafness. You can wear ear-plugs, skull caps (neoprene type) and/or tape up ear holes on helmets to help to prevent it.

Leptospirosis or Weil's Disease - It is a bacterium carried in rat's urine. It has very similar symptoms to flu, so casualties could have severe headaches, fever and pains in their back or calves. It isn't very common in the UK, only around 10 cases being reported per year associated with recreational water users. It is potentially fatal but is just as common in paddlers as it is sewage workers and is usually cured without specific treatment. Precautions can be taken by covering all cuts with taped-on waterproof plasters, always wear footwear, shower soon after canoeing, wear a nose plug and know how polluted the water is you are going to paddle. The bug has an incubation period of 2–12 days; if you suspect an outbreak you must see your GP immediately and state that you are a canoeist, suspecting leptospirosis. A blood sample must be taken to be sent away, but this usually won't change the course of treatment. Take precautions against other water-borne diseases by following the precautions for Weil's Disease. If you suspect any infection, consult your GP immediately.