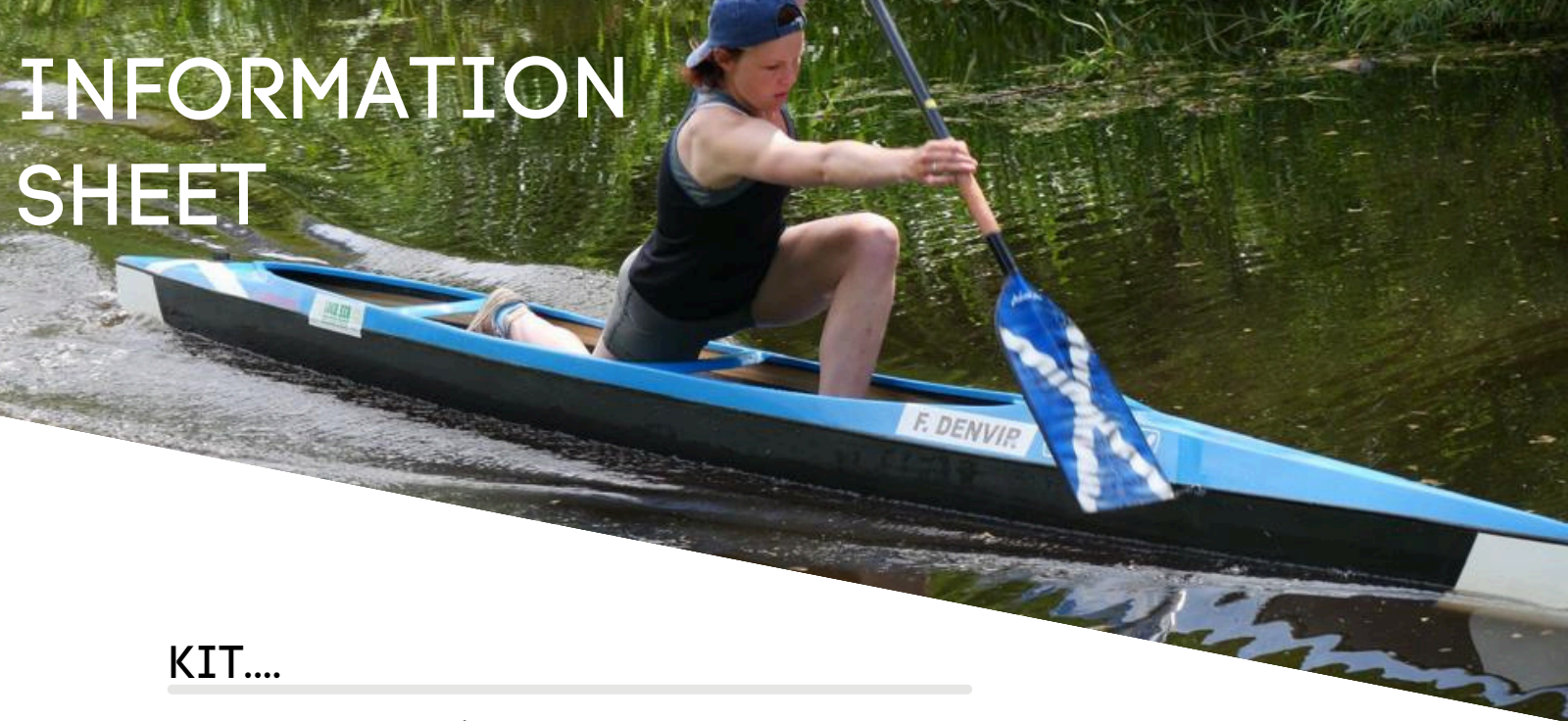


INFORMATION SHEET



KIT....

Please 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.

If it is cold please make sure you are wearing thick warm socks and bring a spare pair. You wont regret it!! Woolly hats are also a must when it is really cold 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.

Please avoid front pocket and baggy clothing like hoodies or choose clothing where the pockets can be zipped up as the paddle handles get caught in open front pockets.

If it is sunny, 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 if you get very wet.... 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...

Water shoes are ideal for this activity.

LIFE VESTS...

Buoyancy Aids will be provided. However if you have one feel free to bring it.

FACILITIES:

We have changing rooms & toilets available onsite.
Please do not wear muddy shoes inside any of the buildings.

LOCATION:

Team Keane Watersports School
The Waterside
Workhouse Dock
Bradshaw Yard,
Brentford
TW8 8GP





ATTENDANCE...

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

HYGIENE & INFECTIONS FROM UNCLEAN WATER...

Hygiene after paddlesports sessions is very important. There can be number of nasty bugs in the river which can make you feel very unwell if ingested, however by practicing good hygiene after each session this should not be a problem.

However if you feel unwell after a session please seek professional medical advice as soon as possible.

Please be sure to wash your hands & use hand sanitiser after your session & before eating anything.

Please also ensure to wash any wet or muddy kit each day.

FURTHER READING & GUIDANCE...

Further guidance reading regarding all our club safety policies including those on Safeguarding & waterborne diseases can be found on our website, www.teamkeane.com



LINK >> [CLUB SAFETY POLICIES & PROCEDURES](#) <<
or go to <https://www.teamkeane.com/rowing/info/policies>

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



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

FINALLY...

And most importantly we want all participants to have fun and enjoy being out on the river!

