

# 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 won't 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.

For rowing specifically please avoid front pocket clothing like hoodies or choose clothing where the pockets can be zipped up as the oar 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...

For rowing a pair of Wellington boots are ideal. Make sure your wellies are a couple of sizes big otherwise you will have trouble removing them if they become swamped!

You can carry trainers or water shoes to wear once inside the tub boats, but whilst boating you will be expected to stand, up to your shins in the river at low tide

For the Katakana or if it is warm trainers or crocs are great. Flip flops are NOT permitted as they are a tripping hazard. Providing the soles are thick water shoes are ok but be aware that there are sharp objects on the bank if the soles are thin can cause injury.

Please be aware that whilst boating you will be expected to stand in the water, so if wearing trainers don't wear your best pair and make sure you bring a pair of dry shoes to wear home after your activities.

## LIFE VESTS...

In Paddlesports buoyancy aids are compulsory. However in rowing, because of the technique and the craft buoyancy they are not, although if you are a nervous swimmer or cannot meet the swimming requirements of 50 meter in light clothing & prefer to wear a buoyancy aid please be sure to ask for one at the start of every session.

## FACILITIES:

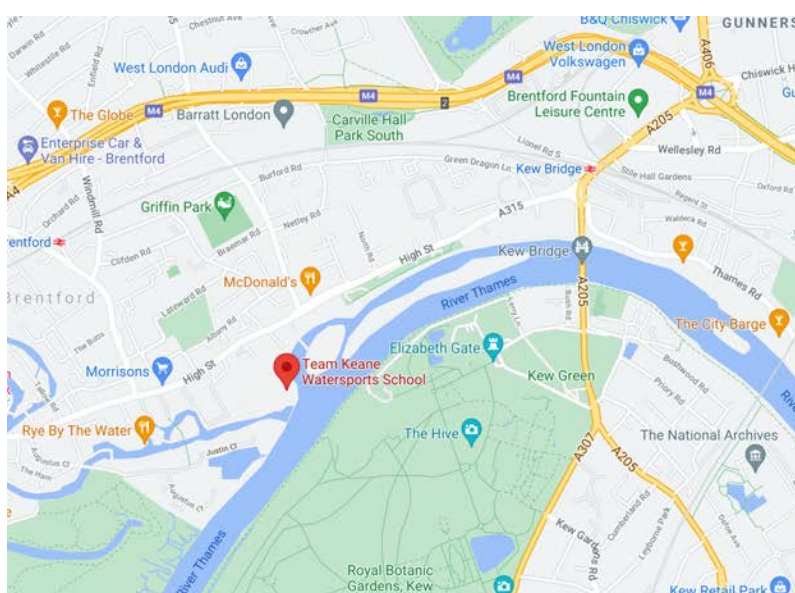
We have changing rooms & toilets available onsite.

Please do not wear muddy boots inside any of the buildings.

Please use the hosepipe outside the front of the changing rooms to clean off muddy boots.

## LOCATION:

Team Keane Watersports School  
Ferry Wharf,  
Ferry Ln,  
Brentford  
TW8 0AW





## ATTENDANCE...

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

Due to the nature of crew allocation and limited seat availability & in order to avoid causing a delay to the start time of the session, resulting in reduced time on the water for the group, Coaches may not be able to guarantee late arrivals a seat in a crew.

## HYGIENE & INFECTIONS FROM UNCLEAN WATER...

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Although the river Thames is now reportedly one of the cleanest rivers in Europe, there are still a 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.

## FURTHER READING & GUIDANCE...

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Further guidance reading regarding all our club safety policies including those on Safeguarding & waterborne diseases can be found on our website, [www.teamkeane.com](http://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](http://www.britishrowing.org)



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

## FINALLY...

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

