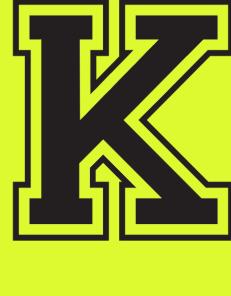


STARTER INFORMATION



Dress approp

Make sure you wear lots of close fitting clothing.

Fitted fleece's & Lycra sports base layers are great! Avoid cotton waterlogged & heavy when wet.

In the winter make sure you are wearing thick warm socks and bring a spare pair. You won't be able to go outside if your feet get cold. Warm hats are also a must during the cold seasons and you are welcome to wear gloves as long as they don't get in the way of your work.

For all tops please avoid front pockets or choose clothing where the pockets can be zipped up as the oar handles get caught in open front pockets.

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.

Please bring a water bottle as you may get thirsty and hydration is very important.

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 safety reasons while you are at risk on the water they have the right to keep you on the land or to cancel your session.

FOOTWEAR

Rowing....

During the colder months please wear long wellington boots with a couple of pairs of socks on to keep your feet warm. It is also useful to have a waterproof poncho or coat.

them if they become

you can
expected

In the summer 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.

You can wear trainers or water-shoes, but again be aware it is in the nature of water sports that you get wet so don't wear your best trainers & bring a pair of dry shoes to wear home after your activities incase they do get wet!

LIFE VESTS...

are not, however if you
wear one please be seen.

FAC1

Rowing....
During these restrictions there are currently no changing rooms available so please arrive dressed and ready to go.

Please do not wear hats
in the showers or the sinks,

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Kayak & Canoe...
There are showering & changing facilities available in the Canal & River Trust amenities block which can be accessed upon request to the coach. So again if you would like to use these then please bring a towel and soap etc....

At all sites please note that these are shared facilities so you are expected to leave the changing facilities in a clean and tidy state after each use.

LOCATION:

Rowing....
google n

— 10 —

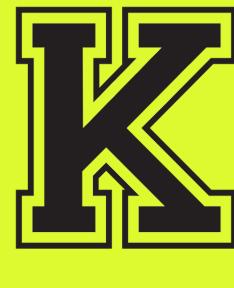
Paddlesports.... google maps link

Figure 10. Mean values of the β -coefficients for the first and second stages of the model.

Ferry Wharf,
Ferry Ln,
Brentford
TW8 0AW

**Grand Union Canal Walk
Off Durham Walk Drive & Paddlers Avenue
Brentford
TW8 8LP**

STARTER INFORMATION



ATTENDANCE...

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

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.

The coaches will do their best to accommodate late arrivals but they may end up either as a passenger in a launch assisting the coach or in a spare seat in any crew available at the time. If there is no seat available either in a crew or a launch they may be required to return home.

Please note that if your arrival time is later than 15 minutes & all the crews and coaches are already on the water there are no facilities provided to supervise children on site during the session & as such we are unable to take any responsibility for the safety of your child if they remain on site unsupervised. For the safety of your child you will be required to either stay with them on site or take them home, which ever is preferable.

HYGIENE....

Please be sure to wash your hands & use hand sanitiser after your session & before eating anything. Unfortunately there are a number of nasty bugs in the river and canal, which can make you feel very unwell, however by practicing good hygiene after each session this should not be a problem. If you feel unwell after a session please seek professional medical advice as soon as possible.

FURTHER READING & GUIDANCE....

Further guidance regarding all our club safety policies including Child welfare & Safeguarding can also be found on our website, www.teamkeane.com



[LINK >> CLUB SAFETY POLICIES & PROCEDURES <<](#)
or go to <https://teamkeane.com/rowing-sculling/members-area/>

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 to the respective websites.



**BRITISH
ROWING**

[LINK >> BRITISH ROWING HOMEPAGE <<](#)
or go to www.britishrowing.org



**BRITISH
CANOEING**

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

FINALLY...

Please feel free to talk with the coaches about how your sessions are going and if you have any particular concerns or objectives, we want to hear from you to better help us to support you to develop in the sport.

And finally, most importantly we want all participants to have fun and enjoy the sport so we hope you have a great time learning to either row or paddle with us.

