

## BEWL WATER Taster Course - Joining Instructions

The weekend courses starts on Friday evening 20.30 and finishes on Sunday at approx 13.00. Please arrive between 18.00 and 19.30 and book in **before** pitching tents and setting up your campsite. In wet weather you **may not** be permitted to drive onto the grass.

### Approximate weekend timetable:

|            |                |  |
|------------|----------------|--|
| • Friday   | 20.30 to 20.45 | General Introduction briefing                      |
|            | 20.45 to 21.30 | General briefing                                   |
| • Saturday | 09.00 to 13.00 | On the water – Sailing, Kayak/Canoe or Paddleboard |
|            | 14.00 to 17.00 | On the water – Sailing, Kayak/Canoe or Paddleboard |
| • Sunday   | 09.00 to 13.00 | On the water – Sailing, Kayak/Canoe or Paddleboard |
|            | 13.00 to 17.00 | Presentation & Clearing site                       |

### General gear to bring:-

- Own tents, sleeping bag & mat, camping and cooking gear for weekend courses
- Plastic bag for your wet gear
- Towel(s) and wash kit
- Warm dry clothes for the end of the day
- Food for day/weekend

### What to bring / wear on the water – There are 3 water sessions - YOU WILL GET WET:-

- Wet Suit – **This is required for the Paddleboard Session**  
These may be borrowed, but MUST BE REQUESTED BEFORE THE COURSE - contact
- Goggles & Overtrowsers) – *to protect from wind and spray (not the rain)*
- Trainers (Wet Suit Boots are better)
- Track Suit
- T-Shirts x 4
- Shorts x 4
- Fleeeces x 4
- Wet Suit - if owned
- Hat (sun protection)
- Sunscreen (waterproof)
- ❖ If you wear glasses - bring a cord/string/strap to secure them
- ❖ **NO** bare feet, flip flops, boots, jeans, rings, earrings, necklaces, jewellery etc

All water activity equipment is provided for you.

In the interests of safety, if weather conditions are not suitable for going on the water alternative land based training will be provided.

If you are over 6 feet tall, *and/or* weigh more than 13 stone, *and/or* have size 9+ feet let us know **before** the weekend, otherwise we will not have a Kayak that fits you!