

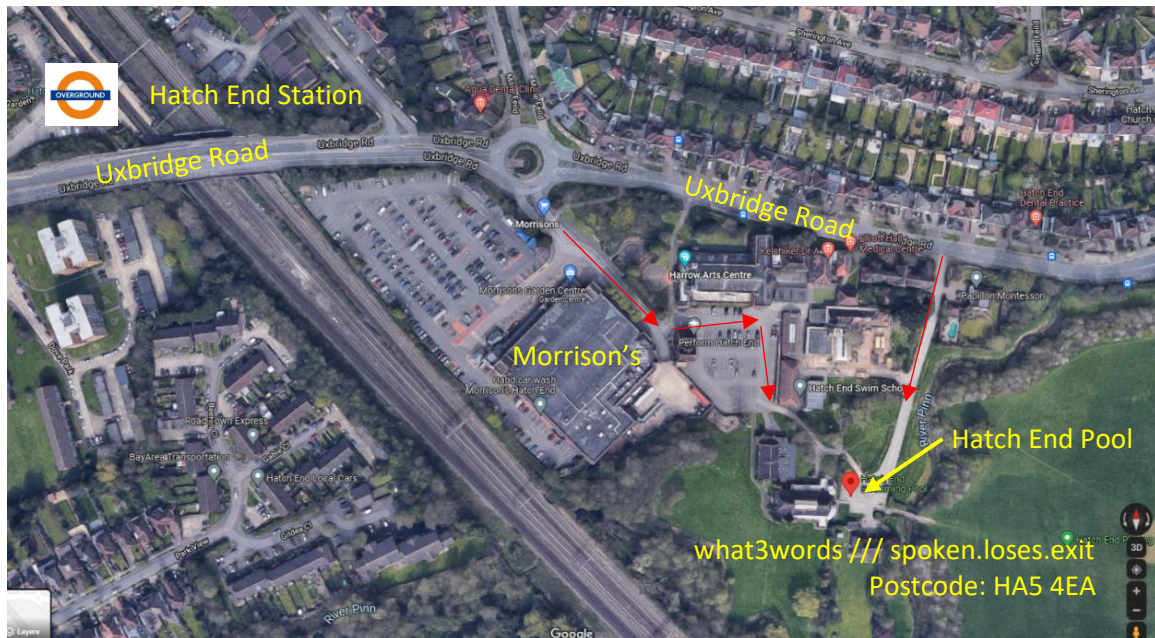
PHOENIX

CANOE CLUB

POOL SESSIONS

Hatch End Swimming Pool
Uxbridge Road,
Pinner,
London,
HA5 4AE

Phoenix emergency contacts:
Phil Mobile: 07837 585798
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Tim Mobile: 07312 102124



You are booked onto one of the following sessions, see booking confirmation for details:

6.00 - 7.00pm OR 7.00 - 8.00pm

Please arrive 10 minutes before the start of your session

The club will provide kayaks, paddles, spray decks and coaching. All you need to bring is normal swimming gear, towel and a t-shirt or wetsuit if required. Swim goggles and nose clips or scuba masks can be useful to see what you are doing upside down. Please let us know the specific boat to be brought to the pool for your use.

Please arrive in good time for the session and change as quickly as possible. You will be instructed by a coach or experienced kayaker. There will be one BC Lifeguard on duty on the poolside to ensure safety of the pool users. We operate a **NO SWIMMING** policy to ensure safe use of the pool. Please help us vacate the pool at the end of the session as quickly as possible. Parents are welcome to stay in the pool area during the sessions (Government guidelines permitting). **Please do not take photographs in the pool building without express permission from the coach in charge.**

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POOL SESSIONS DUTY COACH BRIEFING

You will be introduced to your coaches and helpers

- Layout of pool including changing rooms and toilets.
- All entrants to remain in the pool area for the duration of the session.
- Appropriate behaviour – language / modesty / positive
- Safety rules of the session and pool
 - No running, jumping, swimming
 - No swimming whilst kayaks in the pool
 - All course entrants not in a kayak to be on poolside
 - Duty Coach to determine maximum number of kayaks
 - Lifeguard to use whistle to draw attention to situations
 - Continuous blasts are to signal the pool to be cleared in an emergency
 - Take special care to avoid damage to pool especially when emptying boats. No seal launching off side
 - Spectators to be allocated an area of poolside not blocking view of the pool and allowing free passage
 - Each kayak to have a coach or competent kayaker in the water to assist with righting the kayak and guiding the strokes
 - Be aware of the dangers in the pool - poolside, paddles, kayak, coach, etc
- Objectives of the session
 - Capsize and water confidence
 - Mobility & hipflick
 - Application to known strokes
 - Hopeful outcome is to be able to capsize confidently
 - Move onto rolling when and if ready □
 - The session is at your pace – let the coach know what you want to achieve
- You will be expected to capsize without help, unless you request otherwise
- Your coach may need to touch you to adjust your grip or change your posture – let them know if this is not acceptable
- Your coach will assist by rolling your kayak up with you in it – help reduce the strain by leaning forward and gripping the underside of the kayak