**Paddle-Ability 2024**

**Attendee Information**:-

Please arrive by 11:30am to have a picnic lunch.

(The event finishes at 3pm; but paddlers can finish whenever they want.)

**Saturday 29th June, 11:30am – 3pm**

**Saturday 3rd August, 11:30am – 3pm**

**Saturday 31st August, 11:30am – 3pm**

**All events are at the Lakeside, behind the Visitors Centre, Druridge Bay Country Park, NE61 5BX** .

Please bring a full change of clothes, including underwear and shoes.
Clothes that are suitable to paddle in are: - leggings/sport trousers, a T-shirt, sweatshirt or fleece, water shoes or trainers (that you are happy to get wet) and a towel.
Please bring a packed lunch and an extra drink and a snack.

All specialised equipment will be provided.

Sunscreen is recommended.

Parents/carers are responsible for their own children while they are off the water.  (Children can only go in the water when the coaches say they can.)

**Coaches and Volunteer’s information**:-
Please arrive from 9:30am.

**Saturday 29th June 2024**

**Saturday 3rd August 2024**

**Saturday 31st August 2024**

**All events are at the Lakeside, behind the Visitors Centre, Druridge Bay Country Park, NE61 5BX .**

Please bring your personal paddling kit, if you have any.

Otherwise, please bring a full change of clothes, including underwear and shoes.
Clothes that are suitable to paddle in are: - leggings/sport trousers, a T-shirt, sweatshirt or fleece, water shoes or trainers (that can get wet) and a towel. (Just in case you get the opportunity to go on the water.)
Please bring a packed lunch and an extra drink and a snack.  Sunscreen is recommended .