



Things you must have on the river;

- Buoyancy aid - this helps to make sure that you float when you come out of your boat and is sometimes called a PFD
- A canoe or kayak - you can't paddle without one!
- A paddle - you can use your hands but you won't go far!
You can hire these things and we can help you choose the right kind if you want to buy them for yourself.

Other things to remember:

- A Helmet – essential for running the weir!
- A Spraydeck – nylon or neoprene/but you must do capsize drills before you can wear one!
- Clothes - lots of thin layers are good for keeping warm and wetsuits are great if you like swimming! Wear the right clothes for the right weather!
- Shoes - neoprene beach shoes or boots are great, don't paddle in bare feet in case you have to get out of your kayak!

The more you paddle the more specialist equipment you can buy and joining a club will help you work out what you need.

Bits and pieces:

- Drink & food - if you are going out paddling try to remember to take these with you to keep hydrated and keep energy levels high
- Fisherman - paddle around fishing lines
Fishing hooks - try not to paddle under trees that hang down, fishing hooks sometimes get caught up in them
- Keeping right - stay on your *right* side of the river
- Weirs - **DO NOT RUN WEIRS** without proper supervision and a helmet, they can be very *dangerous!*
- *Remember lots of people enjoy the river so take care of the environment you paddle in and the wildlife you see!*

TOP TIP - if you capsize bang three times on your boat and stay with it in the water. Someone will come to rescue you as quickly as they can! AND NEVER PADDLE ALONE!!

CODE OF CONDUCT

- 1 Check your boat and kit before getting on the water!**
- 2 On club days please do not get on to the water until a SCC designated club coach has done a quick briefing to run through the activities!**
- 3 BE HELPFUL - if you see someone paddling on their own, slow down or let another adult member know!**
- 4 If you have a question or want to know how to do something, just ask and one of the club coaches will be happy to help!**

Sudbury Canoe Club is affiliated to the British Canoe Union which regulates paddle sport and recreational paddling and you can get more information about joining yourself at www.bcu.org.uk