



Welcome to Eagle Canoe Club

As a new member of Eagle Canoe Club we want to make you feel as welcome as possible.

The club is based at the Eagle Canoe Centre where there is a variety of both kayaks (enclosed Eskimo style craft) and open canoes (often referred to as Canadian canoes, which as the name suggests have an open top). Members are encouraged to try both kayaks and open canoes.

If you do not currently hold any canoeing/kayaking certificates you will be enrolled on a British Canoeing One Star Course or Paddlepower Start Course. The aim of the course is to introduce you to paddlesports and will teach you some of the basic paddle strokes and the safety aspects of the sport. We normally enroll new members on the first Wednesday of each month and expect them to start paddling on the second Wednesday. Please note that enrolment does not start until 7pm so that Coaches are available to organise sessions for existing members.

For the safety of yourself and the other members of the club no members are allowed on or in the water unless accompanied by a coach. Buoyancy aids must always be worn when on or near the water.

The centre provides all of the equipment that you will need, except for personal clothing, to have an enjoyable time on the water. It is suggested that you wear old clothes (not jeans), including footwear, to paddle in which you don't mind getting wet. Clothing should be in layers and appropriate to the weather and time of year. Waterproof cagoules and wetsuits are available to use at the centre. Do remember to bring a dry change of clothes and a towel as some sessions can involve getting rather wet. The centre has hot showers for you to use after the session.

The club is run entirely by volunteers so please be patient if we cannot meet all your needs straight away. The club has several coaches that are there to help you improve your paddling and an active committee made up of club members who are always keen to hear new ideas for the club to try. The Club actively encourages non paddling family members to become involved in club activities and to help out with the monthly BBQ's, bank side help for coaches and maintenance tasks.

Club night sessions are run every Wednesday evening throughout the summer and start at the centre at 6.30pm. These tend to finish at about 8.30pm depending on the weather and time of year. **After club night sessions members are expected to place all equipment back in the sheds.**

Parents are welcome to stay and watch the evening's activities and have a tea or coffee, some seating is provided at the front of the club building or in the clubroom. Parents are encouraged to get involved in the club and assistance in putting away equipment after sessions is always gratefully received.

The club runs a varied activities programme which includes a range of events on Wednesday evenings and longer trips some weekends. These events are detailed in the club's Activity Programme. Participation in the weekend trips is highly recommended. The trips are not competitive in anyway but some of the longer trips do require a certain degree of fitness. The coach in charge will be able to advise you before each trip.

We hope you have an enjoyable season paddling with us and hopefully you will make many new friends and learn some new skills. Please remember if you are uncertain about anything you only need to ask.

More information about the club and photographs of activities can be seen on the Clubs web site