

## Canoeing Family Day

### Is it for me?

This course is for anyone who would like a practical introduction to open canoeing. No previous experience is required but a basic level of fitness would be an advantage.

### Course Content & Programme

#### Saturday

Meet at Danbury Outdoors between 8.30am and 9.00am.

- Introductions
- Course aims and aspirations
- Equipment selection

#### River Chelmer

- Basic canoe strokes
- Paddling as a tandem crew
- Capsize drills and rescues
- Journeying by canoe
- Basic moving water techniques (e.g. weirs)

#### Sunday

Meet at Danbury Outdoors at 9.00am.

#### River Chelmer

- Loading a canoe for a journey
- Further coaching canoe strokes
- Introduction to solo canoe skills

#### Course Debrief

Where do I go next?

Course finishes around 5pm

## **The Venues**

Danbury Outdoors spans seventy acres of prime Essex countryside. Situated at the highest point in the county, the centre offers the perfect setting to enjoy a range of activities, including open canoeing.

The River Chelmer is a short drive from the centre. This placid environment, which was once part of the inland waterways network used to transport goods during the Industrial Revolution, provides the perfect setting in which to introduce novices to paddle sports.

Each day we will explore a different part of the river. The emphasis on the first day is on developing the techniques needed to paddle the canoe while the second day will be spent journeying through beautiful Essex countryside.

## **Instructional Staff**

Our instructors are qualified and experienced paddlers with an excellent knowledge of the sport. They have a great depth of experience instructing novices and experts and will be keen to pass on that knowledge to you. Our low staff to student ratio allows you to progress at your own pace and get the most from the course.

## **Accommodation**

This is a non-residential course. Participants should arrange their own accommodation and food for the duration of the course. A list of accommodation in Danbury is provided below:

Wych Elm B & B  
Mayes Lane  
Danbury  
Chelmsford  
Essex  
CM3 4NJ

Southways B & B  
Copt Hill  
Danbury  
Chelmsford  
Essex  
CM3 4NN

01245 222 674

01245 223 428

There are also numerous B & B's in Chelmsford. Alternatively students can camp at Danbury Outdoors. The cost of this is included in the course fee.

The local pub (The Bell) is within walking distance from the centre and provides bar meals during the evening.

**Kit List**

All participants should bring the following kit and equipment with them:

Waterproof Jacket and trousers  
Trainers they don't mind getting wet  
Warm Clothing  
Gloves and warm hat  
Day rucksack and rucksack liner (bin bag!)  
Water bottle/vacuum flask  
Small 1<sup>st</sup> Aid Kit  
Notebook and Pencil

All canoeing equipment will be provided. We do not advise you purchase any equipment specifically for this course, rather use it as an opportunity to find out what best suits your needs. However please feel free to bring any canoeing equipment you already have, in particular:

Buoyancy Aid  
Spray Top  
Helmet  
Small Drybags