



## DCC Beginners Course

### Wed Evenings 14<sup>th</sup> June – 12<sup>th</sup> July & Sat 17<sup>th</sup> June 2023

The Deben Canoe Club will be running a Beginners Course for club members starting on Wednesday 14<sup>th</sup> June for 5 weeks on the river, and on 17<sup>th</sup> June in the pool. The aim of the course is to introduce new members to paddling leading to the governing body recognised award, Paddle Discover and to provide the skills necessary to paddle with the club. The course will also include the new Paddle Safer Award.

#### **From the Paddle Discover Syllabus:**

##### **Aim**

Taking you on the steps towards becoming an independent paddler, for a fun and safe time on the water. Developing an understanding of the factors which affect your paddling; developing your decision making and practical skills, giving you confidence on the water.

Learn how to choose and effectively use equipment, whilst developing an understanding of the factors which affect your paddling; giving you the confidence to progress to making your own choices with the Explore Award.

The Paddle Safer course is designed for anyone wanting to gain knowledge and raise their awareness of paddling safely in a sheltered water environment, in or on the craft that they paddle.

#### **Pre-requisites – None.**

Ideally Candidates will be water confident but this is not essential.

#### **Course Details:**

The paddling sessions on Wednesdays will be from the Deben Watersports Centre at Woodbridge, where a range of different boats can be hired. As members of the canoe club candidates will also have the opportunity to take part in pool sessions at the Deben Pool. The course includes one pool session for practising some of the wet safety and rescue elements of the course.

- **Saturday** 17<sup>th</sup> June, 4:00 – 5:00pm in Deben Swimming Pool
- **Wednesdays** 12<sup>th</sup> June - 14<sup>th</sup> July, 6:30pm to 8:45pm at DWSC near Kingston Playing Field, The Avenue, Woodbridge. Just over the railway crossing towards the river and by the boating lake. (See <http://www.debencanooclub.org.uk/index.php?page=general-faqs> )
- **Costs:** £65 for members. This fee includes all boat hire, coaching and the pool session.
- **Clothing:** old clothes and waterproofs. Please have old shoes/trainers that you don't mind getting wet and muddy. If you have a wetsuit then please feel free to use it. If conditions are cold then a woolly hat is also a good idea. Please bring a complete change of clothes (including underwear and shoes) and towel.

If you are interested in taking part, please book through our online booking system at:

<https://forms.gle/64Lx1qHR2wYFYfWe6>

Any questions contact Tim Midwinter on [tim.midwinter@btopenworld.com](mailto:tim.midwinter@btopenworld.com) or 01473 623020.

<http://www.debencanooclub.org.uk/>