



# JUNIOR INTRODUCTION

On behalf of Falcon Rowing and Canoe Club we would like to welcome you to the club and provide you with some information about our activities. Our junior club provides opportunities for youngsters between the ages of eight and eighteen to receive coaching in canoeing and kayaking and to train for competitive sprint and marathon racing. Falcon also has an active senior club section.

All coaching is by qualified coaches who are trained and have been screened for their suitability for working with young people.

We welcome parents to all training and competitions and value your support. We are keen to try and involve parents in the club and would like to invite you to visit us any time your child is here where you can meet club members and find out more about the club.

Arrangements should be made for your child to travel to and from training sessions and competitions. We appreciate it if children can arrive and are collected promptly.

We would be grateful if you could complete the attached consent form. For the safety of your child it is important that the club is informed of any medical condition or allergies that may be relevant should your child fall ill or be involved in an accident while at the club. Please also ensure that your child is familiar with the Club's Junior Code of Conduct set out below.

## **Juniors Code Of Conduct**

All Junior Members are asked to abide by the following rules at all times:

- Co-operate fully, respecting all requests and decisions made by the coaches, helpers, officials and administrators
- Be on time for training sessions and events or inform your coach if you are going to be late
- Paddlers must control their tempers and avoid behaviour which may inconvenience or upset others
- Be considerate and respectful to other paddlers and water users – treat other paddlers as you would want to be treated yourself
- Paddlers must wear suitable kit for paddling as agreed with your coach
- Take care of all property belonging to the club or any club member – and be responsible for caring for your own equipment and clothing
- Do not leave sessions without the permission of the coach or leader

Junior members are not allowed to smoke, consume alcohol or drugs of any kind whilst on club premises or representing the club at events.

The aim is for all paddlers to improve their skills and have fun.



## What to expect on your first visit

### Arriving at the club

On your first visit to the club you will be introduced to a coach who will show you around the boathouse and where to find the equipment you'll need for the session. The coach will also explain various issues relating to your safety and the safety of others – please listen carefully.

You will need to pay for coached sessions or become a member of the Club. Please sign in using the register. Ideally we like parents to stay at the club during the session (there's plenty of jobs they can help with) but if that's not possible you must leave us with a mobile phone number for contacting in case of an emergency (put the number on the register).

### Clothes to bring

Please bring appropriate clothing for boating. You must also bring a towel and a set of dry clothes to change into in case you get wet. Kayaking is a water sport – you're probably going to get wet!

**Summer paddling:** tracksuit trousers or shorts, T-shirt (man-made fibre – not cotton), lightweight windproof top, old trainers or wet-suit shoes, sun-hat, suncream, towel, warm clothes to change into afterwards

**Winter paddling:** thermal base layer and multiple layers of man-made fibre long sleeve tops, lightweight windproof top, long thermal leggings or tracksuit trousers, wet-suit shoes, woolly hat, towel, warm clothes to change into afterwards

If juniors arrive without adequate clothing or a change of clothes they will not be allowed on the water.

### At the end of the session

Coached sessions usually last one hour. At the end of the session you're expected to wash your boat and put all the equipment back in the boathouse or container where you got it from. Buoyancy aids must be hung up properly and paddles put back in racks. Where possible parents should help carrying the boats.

At the end of the session we recommend that you have a hot shower in the Club's changing rooms. Alternatively you must have a shower as soon as you get home and definitely wash your hands before having anything to eat.

We have a very busy club and everyone needs to help to keep the boathouse and changing rooms tidy. It is very useful if juniors and parents can help mop the floor before you leave.

### And for your next visit...

You'll want to come back for more! So, next time, arrive a bit earlier, get your boat out and make sure it's set up so you're ready to start the session on time.