

Activity: Paddleboarding

Time: 18:30 for 19:00 on the water  
(Please arrive before 18:30 as we will need to lock the gate)  
This is to allow time for changing and sorting out equipment, buoyancy aids, getting to know the board, each other and a safety brief.  
We will be off the water around 20:00hrs

Venue: Chippenham Sailing & Canoeing Club  
Long Close  
Chippenham, SN15 3JY

What3Words link <https://w3w.co/spring.zips.fears>

If you use Google Maps you can search for Chippenham Sailing & Canoeing Club  
(use the full name, using the post code doesn't always work)

**What to wear:**

- Wetsuit or a layers of quick-drying synthetic tops and leggings or shorts
- Wet shoes or an old pair of trainers. We cannot accept barefoot paddling on the river as there can be hazards and sharp objects on the riverbed.
- A windproof jacket such as a cagoule is also a good idea.
- A drink in a suitable bottle, a snack and don't forget the suncream
- A towel and a complete change of clothes to change into.

*Please avoid wearing anything heavy and absorbent such as sweatshirts, tracksuits or items made from cotton.*

**What to expect:**

We shall start by kitting everyone up with a board, buoyancy aid, paddle etc. I'll show you how to adjust everything correctly and demonstrate a few fundamental paddle strokes on dry land then we'll have a safety brief before getting on the water. We'll have a paddle along the River Avon, learning as we go. The coaching will be relaxed and gentle and tailored to suit every paddler individually. Our aim is to help you build your confidence so that you can decide how you progress. It doesn't matter if you sit, kneel or stand on the paddleboard so long as you are enjoying yourself!

The Club has a gated access, the gate will be open and there is plenty of parking as well as changing rooms.

If you have any questions or need to get in touch with me, my number is 07584 483102

Looking forward to paddling with you.

Julie