



Nomad Kayak Club

A useful guide to attending a NKC 'Come and try it' session

Overview

This guide has been written to ensure that anyone attending a NKC 'Come and try it' session is fully prepared and has the best possible chance of having a great kayaking experience.

On the enclosed Non-Member consent form, several club rules are referenced; these must be fully completed / abided by at all times.

PLEASE NOTE

Youth paddlers under the age of 12 must be accompanied on the water by a parent or guardian.

Youth paddlers between the age of 12 and 16 MUST have a parent or guardian on site at the Aquadrome during the session.

Step 1

Make a note of the 'Come and try it' session date in your diary.

Step 2

Complete the necessary paperwork: [NKC-F03 \(Non-member activity consent form\)](#) and bring it with you along with your payment for the session. The cost of your first 'Come and try it' session is £10 per person

Step 3

Pack a bag with suitable shoes and clothing, YOU MUST HAVE A COMPLETE CHANGE OF CLOTHES, here is what we recommend:

- a pair of shoes (that may get a wet),
- a 'T' shirt
- A pair of shorts
- A lightweight fleece
- a waterproof top (cagoule or similar) for if it is windy or cold
- a wetsuit (if you have one)
- a towel
- **a set of dry clothes and shoes to travel home in, ie a complete set of clothes to change into should you get wet.**
- optional: waterproof overtrousers

If the forecast is for sunny weather, don't forget to bring waterproof sun cream (we recommend a minimum of factor 30) and a hat, as the reflection of the sun off the water can be strong.

Step 4

Travel, with your kit bag, to the Rickmansworth Aquadrome and attend your 'Come and try it' session.

PLEASE NOTE

Ensure you arrive in the aquadrome in good time, say 20 minutes before the stated start time so that you can find our club house etc. Please try and arrive at the club house 10 minutes before the stated start time.

Ensure you have all the necessary forms printed out, completed, signed (by parents or guardian as required) and with you for handing to the NKC coach.

Step 5

Have fun kayaking with the Nomad Kayak Club, we will provide all the necessary canoeing equipment.

PLEASE NOTE

For your personal safety and the safety of our coaches you may be required to complete a capsizing drill as part of the course.