

Dear Parent/Carer,

We are delighted that your child is joining GoSport Activity Centre to develop skills ready for their DofE Expedition.

The training commences on **18th January 2026 between 09:00 and 16:00**. We ask that you prepare the following to ensure that you are ready for your session:

On the day, your child will need to bring:

Kit List
<ul style="list-style-type: none"> ● Wetsuit ** ● Thermal Clothing to wear under your wetsuit (NO COTTON) ● Windproof top or cag * ● Footwear for on the water can be any shoe that can get wet. The warmer the better. <ul style="list-style-type: none"> ○ No crocs or open toed shoes. ● 3 Pairs of Socks <ul style="list-style-type: none"> ○ We recommend wearing 2 on the water and 1 to get changed into ● Dry shoes ● Dry Bag (to carry spare clothing and lunch) * ● Gloves - we recommend neoprene or gloves that still work when wet. ● Woolly Hat ● A spare change of wet kit in case your child gets cold during the longer sessions because they are wet. ● WARM and Dry change of clothes, towel, and shoes

* We might be able to provide some spares

** We have some wetsuits available. These do not have arms (longjohn wetsuit) Suitably warm clothing will be needed underneath.

We provide everything else needed for the session, including:

- Buoyancy aids
- Kayaks, Canoes, Paddle boards, archery and survival equipment
- Toilet/Changing Facilities

We ask that your child adheres to our code of conduct:

- Take care of all property belonging to GoSport Activity Centre or other pupils.
- Always treat other session members with respect – on and off the water – treat other participants as they want to be treated.
- Be willing to learn and allow learning of others to take place.
- Behaviour which may inconvenience or upset others is not tolerated
- Co-operate fully and listen to your coach, helper, or GoSport Activity Centre staff members.
- Paddlers must wear suitable kit for paddling as agreed with your teacher.
- Junior paddlers (under 18) must wear helmets when instructed by a coach.
- Follow all instructions given by the coach running the session.
- Ensure that you are listening carefully, this is for the safety of yourself and other paddlers.

Please share this code of conduct with your child and ensure that they fully understand the expectation whilst on the water. We, at GoSport Activity Centre, thoroughly look forward to your session and hope you are excited too. In the meantime, if you have any questions please get in touch with your teacher.