

**RUTLAND CANOE CLUB
COME & TRY / INTRODUCTION
SESSIONS 2026-7**

For more information or to book, email: info@rutlandcanoecub.org.uk

The aim of these Come & Try sessions is to introduce newcomers to Paddle Sport activities in a safe and relaxed way on land and on the water. They are suitable for adults of all ages, and juniors (under 18s) accompanied on the water by their parent or adult carer.

Additionally, we aim to gauge how close potential new Club members are to being able to paddle on the open water at a typical Club paddle on Rutland Water, or alternatively, what coaching they may need before that stage

The sessions will start on dry land, and progress on the water in a general purpose kayak. Later, once basic competence and confidence has been achieved, there will be an opportunity to try the longer sea touring kayaks generally used for our open water paddles out on the main body of Rutland Water.

The sessions will cover:

- safety on the water
- correct use of equipment
- basic forward, backward and turning paddling strokes
- demonstration of safety equipment
- what to do in the event of a capsize
- a basic rescue from the water

Sessions are run by volunteers, previously trained and qualified as Coaches by the British Canoe Union (now Paddle U.K.) and other very experienced paddling members of the club under their guidance.

At the end of the session, we will assess:

- your level of safety
- your competence to paddle in a straight line
- your ability to capsize safely and be rescued
- your confidence on and in the water

This informal assessment helps us and you decide whether you are ready to join us at regular club paddles. Club paddles are on the main body of Rutland Water in good weather and low wind conditions. You may be ready for that, or you may need more training. If you want and/or need more training do we can help you get the additional assistance to reach the necessary safe paddling level, having fun in the process.

The fee(s) for a Come & Try Session includes temporary Club Membership(s) and, subject to Committee approval, if you join the club within 3 months this sum is credited against the cost of annual membership(s).

When: Usually Sunday morning 12-1:30

Note: Other days may be possible, please ask

Where: Whitwell Creek, Rutland Water

Note: Attendance must be pre-booked as numbers are limited for safety reasons

Cost: £20 Adult, £15 Under 18

Note: On arrival at Rutland Water, you will need to visit the Water Centre Office and also pay their Parking and Launch fees ~ £11 per person

Ready to Come & Try ?

Please pay by BACs and complete the form below:

Lloyds Bank Plc, Sort code 30-98-90

Account number 17250868

Account name Rutland Canoe Club".

Reference Your Name

Please complete an application form (see below) and send it to us by email or drop it in to us on a Sunday morning at Rutland Water:

Come & Try Session Date Required:

Name	D.O.B	E-mail and home address	Tel No.	Emergency Contact Name and number

This indemnity section must be signed by the parent/guardian of any person under the age of 18. Although every effort will be made to ensure safety on all Club activities, we have to remind you of the potentially hazardous nature of the sport of canoeing. The information you provide on this form is for the use of Club Coaches and other experienced adult paddlers providing training and supervision .

1. I wish my child/children to be allowed to take part in the Rutland Canoe Club Come & Try session booked in Whitwell Creek at Rutland Water.
2. My child/children can swim 25 metres in light clothing while wearing a buoyancy aid
3. To the best of my knowledge my child/children does not suffer from any medical condition that may affect the safety of my child/children or others paddling with him/her. If such condition(s) do exist I will inform the Club in advance via info@rutlandcanoeclub.org.uk and also inform the leader of the paddle session before my child/children gets on the water.
4. I understand it is mandatory that a parent or carer will attend and join any session attended by my child/children
5. I understand that the Club or Organisers accept no responsibility for loss, damage or injury caused by or during attendance on any of the Club's organised activities except where such loss, damage or injury can be shown to result directly from the negligence of the Club or Organisers.
6. On some occasions photos may be taken for use by the club in promotional material. I agree / I do not agree to the use of such photos. *(Strike out as appropriate)*

Signed

Date

If sending electronically insert email address as "electronic signature".

Please print the name of the person who has signed above

NOTE: Data is maintained according to the club Data Protection / GDPR policy (for one year after termination of membership or) 3 years after last attendance the Come & Try Session unless required by law or requested otherwise and is used under legitimate interest to manage your membership of the club, Come & Try or other sessions and participation in events and personal safety