



# Putney Bridge Canoe Club

## Welcome to our pool session

The session is for newcomers to experience kayaking in a safe, comfortable, controlled environment and to practice the safety capsize drill and basic paddle strokes before paddling with the Club on the Thames.

It is also for paddlers who wish to improve their paddling skills

## We require all newcomers to attend at least 2 pool sessions.

We suggest regular pool sessions to practice and build on newfound skills.

On completing all of the following stages we invite you to join us on the Thames on a session deemed by the session leader suitable for a first river paddle, i.e. low tide.

Note. It is not a requirement to be able to 'Eskimo roll' (righting a capsized boat) before paddling on the Thames

If you haven't done so already, please join our email group by following the instructions on the 'Join us' page on the Club's website at:

[www.putneybridgecc.co.uk](http://www.putneybridgecc.co.uk)

<b>1. Capsize Drill</b>	<b>Completed</b>
Exit capsized boat without/with spray deck	
Rescue with assistance of another paddler (T rescue)	
Deep water rescue/re-entry	
<b>2. Strokes</b>	
Forward paddling / Backward paddling	
Low brace	
Draw stroke	
Sweep stroke / turning	
Emergency stop	

<b>Dates attended</b>	<b>1st</b>	<b>2nd</b>
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The above stages have been completed by \_\_\_\_\_

Club Committee Member/coach sign off \_\_\_\_\_

N.B. Thames paddles are Club events organised by Committee Members and other regular members of the Club with suitable experience. They are not generally occasions in which people will be coached, unless this is explicitly stated to be the case.

On all paddle trips advice will be given on safety, equipment and technique, as required.