



## Lake Sessions

The club holds regular sessions at Lake 12 at South Cerney, part of the Cotswold Water Park between Swindon and Cirencester. Sessions are normally held all year round on the third Sunday of each month from 10:00am until noon, and from April to September every Tuesday evening. These sessions are suitable for families and individuals of all abilities aged 7 and over, and include organised tuition at a range of ability levels. Session times can vary with daylight hours so please check the website before attending but as a general guide will be:

Tuesdays:	Registration 6:00	On Water 6:30	Off Water 8:30 (8:00 April and Sept)
Sundays:	Registration 9:30	On Water 10:00	Off Water 12:00

All parents should read the "Notes for Parents of Youth Members".

### Activities

Various sessions are offered at the lake, including:

*Tasters:* We offer a number of introductory courses of two sessions to prospective members each year. These take place on selected Tuesday evenings. Please see the "Join TCC" section of the website to find out more.

*Training:* We run both informal and formal training in both kayaks and open canoes. If you are interested please look at the Training section on the website.

*Fun Sessions:* On some Tuesday evenings we schedule in games and activities for all, so that you can get to know other club members and increase your confidence on the water. Expect to get wet!

*Free-Paddling:* Paddlers who have attained 2 star and river skills may paddle unsupervised in groups of at least three. Membership cards will have a green free-paddling sticker attached. Enquire at registration if you are interested.

*Supervised Paddling:* If you haven't got your 2 star but would like to go for a paddle rather than be coached we have supervised paddling groups at the Lake that you can join which will be led by an experienced paddler.

*Girls and Ladies Group:* Every few weeks we will have a girls and ladies group running. These will be led by female coaches and will involve a mix of fun, games and gossip depending on what the group decides to do.

### What to Bring

When attending a club lake session, please ensure that you have suitable clothing with you. Don't worry if you don't have your own equipment as you may hire a boat, paddle, spray deck, buoyancy aid and helmet from the club for a small fee.

For most of the year a wetsuit is desirable as the water temperature is always on the chilly side. Otherwise wrap up well in lots of layers (synthetic fabrics are better than wool or cotton). A windproof outer layer is a good idea as wind-chill can markedly affect your body temperature, especially when wet. A normal waterproof or cagoule is sufficient, and a dry cag or suit with sealed neck and sleeves is a bonus. Wetsuit boots or old trainers should be worn to protect your feet. In Winter you will need a wetsuit and cag or a drysuit - it may look sunny, but cool water and a slight breeze can chill you down really quickly, leaving you at best uncomfortable and at worst hypothermic.

You should expect to get wet regardless of how experienced you are. Don't wear anything that might get spoiled, and avoid jewellery and watches. A complete change of clothes, including shoes, and a towel is essential. A Thermos flask of hot drink is also very welcome when getting off the water so consider bringing one with you. You might also want to bring a small dry bag to put car keys in.

Warm headgear such as a woolly hat or neoprene skullcap is useful as it prevents heat loss. Gloves are good, but you may find they compromise your grip on the paddle - neoprene paddling or sailing gloves are most ideal. As a rule of thumb you should always wear more rather than less, and if in doubt secure extra clothes in a dry bag in your boat to put on if you get cold.

## What Happens

The club hold its registration in the first building on your right as you drive into the centre. When there's a lake session you will find a volunteer here who will collect your session fee, membership card and any equipment rental charges, give you a bib to wear to make it easier for the coaches to keep everyone in the right place, and allocate you to a group based on your previous experience and what activity you want to take part in. If you are on a training course you wont have to register but will just need to meet your coach once you've got changed and kitted up, but they will explain this during the first session.

Once you've registered you'll need to get changed into what you will be wearing on the water. There are changing rooms and showers available.

If you require any club equipment head round to the shed where you'll find a volunteer who will try to ensure that you get something suitable. It is your responsibility to return the equipment to the right places in the shed after the session.

Get your boat and kit ready to go by the lake and try and locate your group. Coaches wear black bibs. Please don't get on the water until your leader tells you to, and try and arrive promptly for your session with the right equipment.

On the water please stay in your group and listen to your leader, accepting that they might occasionally have to say "no". If you have any concerns or questions please let them know. And most importantly have fun!

At the end of your session please return your equipment to the shed, your bib to the registration desk and get changed into some warm dry clothes. If you are on a training course your coach will let you know where to meet if they are doing a debrief.

## Map and Directions

The Lake is located at:

South Cerney Outdoor  
Education Centre  
Lake 12, Spine Road  
South Cerney  
Cirencester  
Gloucestershire  
GL7 5TL

