



# Canoeing

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► I will have to put a spare change of clothes and a towel in the shower room before we go, so I can have a shower afterwards if I get wet





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- ▶ I should wear clothes and shoes that I don't mind getting wet

- ▶ A buoyancy aid will keep me floating in the water



- ▶ A helmet will protect my head



- ▶ I will use a paddle to move the canoe through the water





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- ▶ The equipment may feel tight and the paddle might have a different texture to what I m used to
- ▶ I will probably get wet feet
- ▶ The water might be cold



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- ▶ When we arrive at the reservoir, I may have to help carry some equipment or canoes
- ▶ Once we have carried everything to the water, my instructor tell me how to stay safe while canoeing



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► The boat might feel a bit wobbly on the water. It's ok to feel nervous, but I should get used to it in a few minutes





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- ▶ During the session I will learn some skills and will play some games.
- ▶ When we have finished canoeing, we might be able to go for a swim.
- ▶ Before we leave, I will have to help take some equipment back to the bus or help carry the canoes.







## Canoeing

- ▶ Once we have finished canoeing I will travel back to White Hall and go for a shower
- ▶ It's a great achievement to have been involved in the session