

# Club Paddle

## Canning Street

**Sunday 1<sup>st</sup> October 11 am – 2 pm**

**Beginners** (others welcome too)

Distance **10.5km** return

Description This is a club paddle so we will travel as a group. The focus is on revisiting **basic skills** and **group paddling**. The pace will be set by the slowest paddlers.

Time Meet at **10.30** for **11am** start on the water for paddle briefing

If you would like to participate please express interest via **Essendon Canoe Club Group** (on Facebook; join the group) or contact Tony Lawrence on [Lawrence.tony.m@gmail.com](mailto:Lawrence.tony.m@gmail.com) and indicate

- paddling experience
- whether you need an ECC boat
  - o indicate the type/number you usually paddle
  - o boats will be allocated (see FB group)
- medical conditions which might affect paddling
- emergency contact name and phone number

Bring

- clothing for predicted weather
- a windproof and/or waterproof jacket
- change of clothing
- dry bag or similar to store clothing, equipment
  - o we can provide some
- water, snacks
- sunscreen, medication, personal needs
- a tow rope if you have one

If the weather forecast is for poor weather you will be notified by email and Facebook of cancellation or changes to the paddle.