



Accessible Kayaking Spring 2018

Booking Information

Each kayaking session will last up to one hour. There will be 6 places in each session with 2 kayaking instructors and an assistant on the beach. The start times will vary according to the tide (see the timetable below). You will need to arrive 30 minutes before your session starts to get changed and complete any paperwork.

The first session that you attend will include an informal assessment of your needs and abilities to ensure that you have a fun and safe time on the water.

The kayaking sessions will be from Hayle Canoe Club, TR27 4BL. You will be asked to complete a questionnaire (we can help with this) before your first session and at the end of June. This will help us to see your progress, to plan for the next sessions and to apply for more funding.

Cost

One-hour session including instructor and equipment:

Over 18 year olds = £10

Under 18 or Under 25 year olds who are Not in Education, Employment or Training = £5

Parents/carers/personal assistants = £5

If you book 5 sessions at once, you will receive the 6th session FREE!

Contact Annette by email: annette@lizardadventure.co.uk or call 07845 204040

You will be sent a Booking form to complete and return to secure your place.

Timetable

April

Fri 13th 1.30pm, 3.30pm or 5.30pm

Fri 27th 1.30pm, 3.30pm or 5.30pm

May

Fri 11th 12noon, 2pm or 4pm

Fri 25th 12noon, 2pm or 4pm

June

Fri 8th 11.15am, 1.15pm or 3.15pm

Fri 22nd 11.30am, 1.30pm or 3.30pm



F A Qs

What do I wear?

You need to bring swimwear, a towel and some shoes you can wear in the water. We will ask you to wear a wetsuit, buoyancy aid and helmet. Sometimes you will also be given a waterproof jacket. This will keep you warm and safe on the water.

Will I get wet?

Yes, you will get wet as the sit on top kayaks have a hole in the bottom to allow the water to drain. You could also get splashed when kayaking. The sit on top kayaks are quite stable and if you do fall off it is easy to get back on again. In the Hayle estuary it is usually calm, and we would not go out on the water if the conditions are not good.

How many people will be there?

There will be up to 6 people learning to kayak, with 2 instructors and an assistant on the beach to help you with the equipment. There may also be parents, carers and personal assistants of the other participants.

What if it is bad weather?

We will not run the kayaking sessions if we feel that it is unsafe to go on the water. However, we carry on if it is raining or a bit windy. With strong winds it can become too rough in the estuary, so we would postpone the sessions on that day and rearrange for another time. We watch the forecast carefully and would let you know at least 2 days before.

Is it suitable for beginners?

Definitely – these sessions are designed for complete beginners who want to try something new. We have had lots of experience taking beginners kayaking and lots of them come back to do more. If you have been kayaking before, please let us know how much experience you have before the session.

Can people watch?

It is a public beach, so everyone is welcome to come and watch you have fun on the water.

Is it wheelchair friendly?

There is parking in Hayle Canoe Club, so you can get quite close to the changing area. The surface here is bare ground and bumpy in places. It can be tricky to get a wheelchair onto the beach; however, we can transfer you to a beach wheelchair to get you over the sand and into the kayak. Please let us know in advance if you would like to do so.

Do I have to book in my parents/carers as well?

Yes please; we only have 6 spaces on the water in each session. We'd prefer to offer these to people with additional needs. However, parents/carers are welcome to watch and help with changing. Please call to have a chat about your specific needs if you feel that it would be important for you to have further assistance on the water.

These FAQs are just a starting point. Please get in touch if you have any more questions.