

# **Canadian Canoeing FAQs**

# Where do we meet?

Please come to The Crescent Car Park which is in Bude Town. Post code EX23 8LE (Opposite the Falcon Hotel an next to the Tourist Information centre.) Please meet 15 minutes early to collect your equipment. You will need to purchase a car parking ticket.

## How will we recognise Sam and Atlantic Pursuits?

Sam parks Tourist Information Centre. He has a green van with a gorgeous sunset on the side and Atlantic Pursuits.

## What do we wear?

Please wear old clothes and shoes/trainers that you do not mind getting wet. Please dress appropriately for the weather. (Warm stuff if it is cold, sunscreen if the weather is sunny!). Make sure that you have towel and full change of clothes afterwards.

### Is there a changing room?

Unfortunately, as a mobile unit we issue equipment on the canal side. There are council toilets if you need to change inside.

#### Where do we leave our clothes?

You can leave everything in the van, which is locked while we go along the canal.

### What if I have a medical issue?

Please advise Sam if you are diabetic, asthmatic or other, as he takes a complete first aid kit in his canoe, so can take inhalers, insulin etc in a watertight bucket. Please do not let any medical disability put you off. If you are concerned, please call Sam on 07974 718145.

#### How long is the session?

The canoe session is 2 hours, plus time for getting changed. Please allow 2.5 hours.

# What do we do?

We paddle three miles circuit on the canal to the weir, and along the way do challenges, games, learn paddling skills and have a couple of little competitions! It is the best fun!

# What if it is raining?

Sessions will still go ahead as waterproof tops are provided. The action of canoeing will keep you warm and if you are dressed for the weather, it is a great time to be on the canal! The only time a session will be changed or cancelled will be if the weather conditions are too dangerous (extremely windy).

# Do I have to be able to swim?

No. You are provided with a buoyancy aid and we do not encourage boats to be tipped or for people to fall into the canal. In the unlikely event that you may fall in, you will float with the buoyancy aid; we have all rescue equipment ready; the canal is not very deep and you are only a few metres for the edge. Please let us know if you are nervous and we will keep a weather eye on you.

## What if we can't make it?

If you are a no-show, or you don't want to take part on the day because the weather is not sunny, regretfully there is no refund. This is because instructors are booked for the group ration and cannot be cancelled. If there is a problem or illness, we will do our best to rebook another session for you.

# Can we leave our kids with you for the day?

Yes, but we cannot transport people to and from activities so parents or guardians need to deliver and collect your children to and from the session, but you do not have to stand watch at the water's edge. Please ensure that you are there to assist your child with getting changed before and after a session. Please leave a contact number with us, while you go off for the session duration. All our staff and CRB/DBS checked.

> Any other queries, please call Sam Roberts on **07974 718145** or email info@atlanticpursuits.co.uk Thank you.