

# Welcome to Hastings & District Canoe Club

Affiliated to Paddle UK

## Welcome

The club was established over 45 years ago. We have about 50 members each year and promote Paddlesports, whether on the sea, rivers or swimming pool. We run a national ranking canoe marathon each year, encouraging club members to compete.

## Club Nights

Sea sessions run during British Summer Time depending on the weather.  
Tuesday evenings 6pm<sup>1</sup> ready for a 6.30 start (registered Visitors welcome).  
Thursday evenings 6pm<sup>1</sup> Members only (when assessed to be competent).

## Pool Sessions

Battle Abbey Pool, Penland Road, Bexhill.  
Every other Thursday night 8.45 – 9.45pm (registered Visitors welcome).

## Weekends

Once assessed to be competent, members can paddle most Sunday mornings.

## Visitors

Adults can register to come along and try paddling on the sea or in the pool.  
Children aged 8 - 16 must be accompanied by a parent and if they become a member, a parent must also join (as a Social member) due to the insurance.  
Visitor registration forms can be found in the clubhouse or on our website.

## Members

We are a small club and expect all members to help with the running of the club and club events, including the 1066 canoe marathon which is held in Tonbridge.

Our membership runs from beginning of February for a year.

New members will be provided with a mentor and a Personal Development Plan to help improve their paddling skills.

## Fees

| Sessions                                      | Membership              |
|---|-------------------------|
| Visitor's Sea session £5                      | Adult £70               |
| Visitor's Pool session £10                    | Students/child £35      |
| Member's Sea session FREE                     | Social/non paddlers £15 |
| Member's Pool session £5<br>+£2 for boat hire | Paddle UK supplement £4 |

Membership forms can be found in the clubhouse or on our website.

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<sup>1</sup> Times may be earlier at the start and end of the season due to dark evenings

## **Terms and conditions**

- All paddlers must be able to swim 50 metres in light clothing.
- Attendance at all club sessions must be booked in advance via the website.
- The minimum age for paddling instruction is 7 years old.
- Under-16's require a parent to remain on-site during sessions.
- No insurance cover is provided for personal equipment left or stored at the club
- Paddlesport involves some degree of personal risk. Whilst the organisers and the Committee shall take responsible precautions to ensure the safety of the participants, they shall not be held responsible for any loss or damage to life, health, equipment or other belongings, however caused.

We strive to cater for all abilities and will help in any way we can with training.

Remember to look at the website or notice boards for any information.

You can email [hastingscanooclub@gmail.com](mailto:hastingscanooclub@gmail.com) for further details.

We look forward to seeing you at the club house.