

Water Activities

Essential Info for Parents/Guardians

What to wear/bring

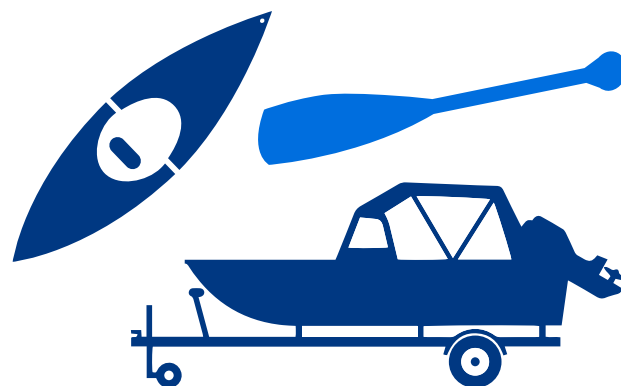
Unless stated otherwise in the event info, young people should wear/bring the following:

- ✓ Group polo shirt
- ✓ Fleeces and warm layers
- ✓ Shorts or tracksuit bottoms
- ✓ Old trainers or water shoes
- ✓ Waterproofs if it's raining
- ✓ Hat and sun cream if it's sunny
- ✓ Complete change of clothes and towel

- ✗ Thick cotton hoodies
- ✗ Denim jeans
- ✗ Flip-flops, crocs or wellies

If your child has an inhaler/epi-pen they must bring it with them and hand it to a leader at the beginning of the session.

Yong people must have a towel and complete change of clothes with them for the duration of the session (not just in the car at the end!).



Emergency info

Young people are not permitted to take part in activities until a parent/guardian has logged on to the Parent Portal and:

- Confirmed swimming ability. Some children are not as confident in the water - this is not an issue but we do need to be aware.
- Checked contact and medical details are up to date (and clicked the confirmation button).

Where to meet

For most sessions we meet by the river at the Sadlers Ride car park. Sometimes we might meet elsewhere or alter session times, so please keep an eye on the details in emails. Sailing activities take part at Island Barn Reservoir.

You must drop-off at your allocated time and pick up promptly. It is really important you let us know in advance if your child cannot attend a session we are expecting them at.

Code of conduct

We have very clear expectations for behaviour on the water. Those that do not meet our expectations will not be invited to

River/weather conditions

Sessions may be cancelled at very short notice due to a sudden change in conditions that would make activities unsafe.

We may be meeting at the Hut or elsewhere instead, so please check your email before you leave.

Leptospirosis and water quality

We take part in weekly water quality testing with other users of the river in Molesey and take sensible precautions when boating. More details on our [website](#).

Although we've never had a problem, please also be aware of the symptoms of leptospirosis (see [nhs.uk](#)).