



## Frequently Asked Questions

### SUNDAY SESSIONS

**Q: How do I attend?**

A: Because of new COVID-19 regulations, we're only able to run a limited number of spaces at each session, and we need to track who attends. This means you'll need to sign up with your full name on a special link for each session. This link will be going out the week before the session on our mailing list as well as our Facebook group, so make sure you're signed up to both to get the best chance of securing a space.

You can attend one Sunday session for free before we require you to pay membership! Once you're a member, these sessions are completely free.

**Q: I've never kayaked before – can I still join in?**

A: Yes! Our Sunday sessions are the perfect chance to try canoeing and kayaking. All sessions will be led by a coach or experienced paddler, who'll be happy to show you the ropes and get you started – and help you develop your skills once you've got a handle on the basics.

**Q: What do I need to bring?**

A: We provide all specialist equipment, including boat, paddle, buoyancy aid, and helmet. All you need to bring is

- Clothes to wear on the water – this means something you don't mind getting wet in, as spills and swims are a risk we need to prepare for. As a rough guide, synthetic fabrics, fleeces, and wool are great to keep you warm in cold weather, but cotton (e.g. jeans) should be avoided.
- Shoes to wear in your kayak that you don't mind getting wet and are happy to swim in. Wetsuit booties are ideal, but any old trainers will do! Flip flops and sandals can come off in the water, and won't protect your feet from the riverbed, so please avoid these.
- A towel to dry off (and for getting changed, we don't have changing rooms!)
- A change of clothes and a second pair of shoes to go home in!

If you do have your own gear that you'd like to use, that's great – feel free to bring it along.

**Q: How do I get there?**

A: Our sessions start at the OUCKC shed at Port Meadow, which is a short walk/cycle from town. The routes/location are detailed on the map in the following link: <http://goo.gl/5SMYWQ>

**Q: I'm lost/confused/want to chat to someone?**

A: Message our Facebook page for a member of the committee to help with your query, or contact Gemma Owen (Vice President) or Max Topp-Mugglestone (President) for advice!

## POOL SESSIONS:

### **Q: What's a pool session?**

A: It's much like one of our normal sessions... but inside, in a warm swimming pool. These are your best chance to learn and practise more advanced skills, such as rolling, support strokes, rescues, and even get an introduction to freestyle kayaking and canoe polo.

### **Q: How do I attend?**

A: Much like the Sunday sessions, we need you to book your slot in advance. Our pool sessions are currently limited to members only, as we have very limited space – so we do need you to pay membership before coming to one of them. There will also be a small cost for each session – we aren't able to confirm details until COVID-19 procedures for these sessions are confirmed.

### **Q: What do I need to bring?**

A: Just like for our normal sessions, we'll be providing boats, paddles, spraydecks and all of the specialist stuff. You'll need to bring:

- Swim stuff to wear in the pool plus a T-shirt or rash vest
- A towel

## WHITEWATER TRIPS

### **Q: Do I need to be an expert kayaker?**

A: Nope! We'll be running a range of trips at the beginner and intermediate level, focusing on introducing people to whitewater kayaking for the first time and really developing the basic skills and techniques. If you're ever unsure if an event is suitable for you, feel free to message one of the committee or drop us an email to ask.

### **Q: What do I need to bring?**

A: All of the same equipment as listed for the Sunday Session plus:

- Card/cash to pay for stuff – especially important for trips to artificial whitewater courses where we need to pay course fees... but don't underestimate the appeal of buying a hot meal after a trip!
- A warm/waterproof jacket – it can get cold and exposed by the river
- Snacks/food – it can be a long day out and you may get hungry
- OVERNIGHT TRIPS ONLY:
  - Sleeping bag
  - Roll mat
  - Toiletries
  - Enough river kit/thermals for two days on the water!

When picking clothes to wear on the water, do bear in mind that you're likely to spend a longer time on the water than a typical Sunday session!

**Q: Will I swim (fall in)?**

A: Yes! Falling in is a normal part of learning to paddle whitewater, and in fact it's an important part of learning how to be safe in the whitewater environment. We're all in between swims, and even the best of us took our fair share when we were learning. As such, you need to be prepared – swims will happen, no matter how hard we try to avoid them.

**Q: How do I sign up?**

A: You'll need to preregister for the trip like any other session. Trips are only open to paid up club members, so make sure you've completed your membership form and sent your payment in. Trips will have additional fees for transport plus facility use, but will be run at-cost, as cheaply as we possibly can.

**Q: I signed up for a trip, but I can't come anymore. Do I still have to pay?**

A: If you give us at least 48hrs of warning, you will only have to pay for things that have already been booked at that point. If at that point someone is on the waiting list and is able to take your spot, or you find a replacement yourself, then the cost will fall to them. However, if you drop out of the trip with less than 24hrs of notice, you may still be charged for the entire cost of the trip.

**MEMBERSHIP****Q: What does membership cost and what does it get me?**

A: Membership is £35 for the year for Oxford University Students (£50 for non-Oxford University Students). After paying membership, you'll be able to attend any session in Oxford for free, and you'll be eligible to join in with club trips and swimming pool sessions. You'll also have free use of our over 40 kayaks stored in Port Meadow at any of our sessions, as well as all of our other specialised equipment. A single-term membership can also be purchased for £20 (this includes the subsequent vac, so - for example - a single-term membership bought in Trinity will cover the summer holidays). Single term memberships are £25 for non-Oxford University Students.

**Q: Do I have to be a student to join?**

A: We welcome everyone here in OUCKC, whether you're an undergraduate, postgraduate, postdoc, or staff! Even if you're not a member of the university, we have a number of memberships open to the public – so please feel free to sign up to a Sunday session and get to know us!