

# Perth Canoe Club Pool Sessions

## 1. “Pool Rools”

### General

Perth Canoe Club aims to provide a safe structured winter training programme to allow club members to gain and polish paddling skills. Paddlers should act responsibly, look out for themselves and for other paddlers, and heed instructions from Live Active Lifeguards and PCC Coaches.

There should be no independent play, instruction, or training outside any organised activities without permission of the activity Coaches and the Poolside Supervisor.

### Poolside Supervisor

The Poolside Supervisor will take payments, organise groups and equipment, and oversee discipline, time-sharing, and pool safety.

Ensure you are changed and ready to launch at least **10 minutes before your session starts**. Latecomers may participate only at the Pool Supervisor and Coaches’ discretion.

### Membership

The Pool Sessions are a private booking by Perth Canoe Club and participants must be fully paid-up Club members. Newcomers may attend two sessions to decide if they wish to continue before joining.

The Poolside Supervisor will have Membership forms and current charges.

### Safety

To reduce the risk of injury there will be **NO SWIMMING** while boats are afloat, unless part of a directly supervised activity. Faceguard helmets must be worn for Polo and any other vigorous activity where paddles are used.

We are limited to an absolute MAXIMUM of 12 boats afloat in either pool. This limit may be lower for certain (vigorous) activities. We will do our best to manage demand, but we may ask you to take timeouts to allow other paddlers onto the water. Please be patient, take turns, and be fair or we will have no choice but to impose a booking system.

### Payment

Please pay the poolside supervisor at the start of the session before launching. The charge for each session is:

- Full/Adult     £5 (16 years and older)
- Concession     £3 (under 16s, students, and unwaged)

## **Pool Cleanliness**

Please remove outdoor shoes before going poolside.

Live Active allows us to use our own equipment. Please do not jeopardise this valuable concession by contaminating the pool or surrounds with dirty boats or equipment. Wash/hose boats thoroughly inside and out (removing airbags/footplates etc periodically) and rinse/scrub hulls with sterilising solution provided by Live Active before launching.

## **Children & Young People**

Children under the age of 16 must be accompanied to the pool session by a parent or guardian who must remain at the poolside, or in the viewing area next to the pool, throughout the session. This is a requirement under child protection legislation, which the club adheres to.

## **2. Programme & Abilities**

Pool activities are graded in terms of paddler ability as “Beginners”, “Intermediates”, or “Advanced”. For the purposes of these sessions paddlers are:

**Beginners:** Below BCU 2-star standard; from “never been afloat” to “can do basic manoeuvring”.

**Intermediates:** BCU 2-star standard and above; done a few expeditions; confident manoeuvring forwards, backwards, and sideways; comfortable with capsizing and self-rescue in open or moving water.

**Advanced:** BCU 3-star standard; proficient manoeuvring; can roll; can use support strokes well and confidently.

If you turn up for a session that is above or below your personal ability level, we may turn you away.

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