

ABOYNE CANOE CLUB PROGRAMME - January to March 2024

- **Joining instructions trips:**

- You **must** make sure you contact the organiser **at least 2 days in advance** as per the contact details on this programme and explain your experience to date.
- Please make the organiser aware of any additional support or medical needs to ensure safety.
- If you need to cancel, please let the organiser know so not to block a spot.
- You will be asked to sign in at the start of the event. Please remember that under 16's must be accompanied by an adult during the event. At the coach's discretion, 16 and 17 year olds can attend events without an accompanying adult.
- Equipment needed: warm clothing, change of clothing, waterproofs, footwear (you can get wet!). The Club has cag tops, buoyancy aids, helmets, throwlines, drybags etc for use on these events.

- **Types of trip:**

- Easy – Suitable for all – including complete beginners – basic instruction will be available, and the environment will be safe and unchallenging – for river trips spray decks are required – do a practice capsize with a deck in the pool first.
- Intermediate/Advanced – let the leader know your experience.
- Polo skills in the first session for beginners, whereas the second session polo is for more experienced players – the leader can advise.
- The leader will match the paddlers experience to the trip to ensure a safe and enjoyable outcome.

January						
Day	Date	Event	Type of trip	Meet	Time	Organiser to contact
THU	11/1	Pool session (Skills/Skills)	Easy / Easy	Aboyne Pool	1830 & 1930	accpoolbookings@gmail.com
THU	18/1	Pool session (Skills/Polo)	Easy / Intermediate	Aboyne Pool	1830 & 1930	accpoolbookings@gmail.com
SUN	21/1	Frostbite river trip	Contact leader	Shed	1000	chr_red@hotmail.com
THU	25/1	Pool session (Skills/Skills)	Easy / Easy	Aboyne Pool	1830 & 1930	accpoolbookings@gmail.com
SUN	28/1	Canoe trip	Contact leader	Shed	1000	rachel.hannan@hotmail.co.uk

Feb						
Day	Date	Event	Type of Trip	Meet	Time	Organiser
THU	1/2	Pool session (Skills/Skills)	Easy / Easy	Aboyne Pool	1830 & 1930	accpoolbookings@gmail.com
THU	8/2	Pool session (Skills/Polo)	Easy / Intermediate	Aboyne Pool	1830 & 1930	accpoolbookings@gmail.com
SUN	11/2	River Don	Easy	Shed	1100	paulsmart@gmail.com
THU	15/2	Pool session (Skills/Polo)	Easy / Intermediate	Aboyne Pool	1830 & 1930	accpoolbookings@gmail.com
SUN	18/2	River trip	Intermediate	TBD	1000	neapgibbon@gmail.com
THU	22/2	Pool session (Skills/Polo)	Easy / Intermediate	Aboyne Pool	1830 & 1930	accpoolbookings@gmail.com
THU	29/2	Pool session (Skills/Polo)	Easy / Intermediate	Aboyne Pool	1830 & 1930	accpoolbookings@gmail.com

March						
Day	Date	Event	Type of Trip	Meet	Time	Organiser
SUN	3/3	River trip	Contact leader	Shed	1000	chr_red@hotmail.com
THU	7/3	Pool session (Skills/Skills)	Easy / Easy	Aboyne Pool	1830 & 1930	accpoolbookings@gmail.com
THU	14/3	Pool session (Skills/Polo)	Easy / Intermediate	Aboyne Pool	1830 & 1930	accpoolbookings@gmail.com
SUN	17/3	Canoe trip	Contact leader	Shed	1000	rachel.hannan@hotmail.co.uk
SUN	17/3	River trip (Kayak)	Contact leader	Shed	1000	cardytc2@gmail.com
THU	21/3	Cubs	Easy / Easy	Aboyne Pool	1830	accpoolbookings@gmail.com
THU	28/3	Pool session (Skills/Polo)	Easy / Intermediate	Aboyne Pool	1830 & 1930	accpoolbookings@gmail.com