

Ichthus Canoe Club Chesterfield



SESSION INFORMATION - MATLOCK

GENERAL INFORMATION

TIME Thursdays (see programme for dates), 6.00pm – 8.30pm

LOCATION Artist Corner, Matlock, DE4 3PS (see overleaf for map)

COST Club members: £1.00

Come and try: £2.00*

Kit hire: £3.00 (for as much or as little as you like)

**you can 'come and try' any 3 club sessions before deciding to join the club, with all coaching and supervision provided*

WHAT DO I NEED?

- Clothing to suit the weather (warm layers, fleece etc on colder days / shorts & t-shirt might be fine on warmer days!)
- Suitably sturdy footwear (old trainers, wetsuit boots etc)
- A splashproof top (available from club if required)
- Change of clothes + towel for at the end
- Drink + snacks
- A nose clip is useful, but not essential – these are around £7 - £10 from watersports shops.
- If needed, boats, paddles and spraydecks will be available from the club
- A NOTE ON WETSUITS – these are designed to work best when they are wet, so great if you plan on falling it lots, but otherwise we'd recommend warm layers and a splashproof top

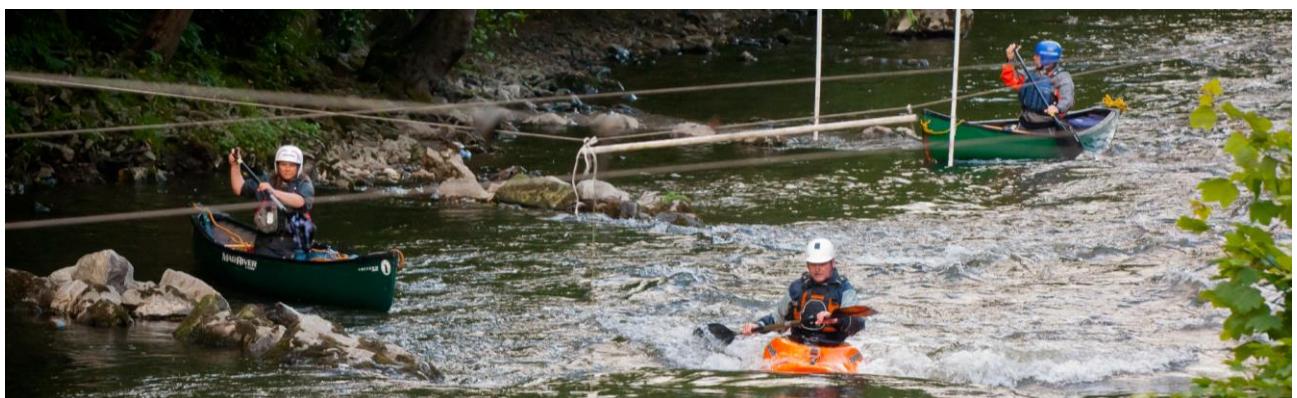
WHAT SHOULD I EXPECT?

Matlock sessions offer a mix of flat water, gentle moving water, and some easy rapids on the slalom course. It's the perfect place for those wanting to build on the skills they've learned on flat water, to learn the basics of whitewater skills, and for those wanting to perfect their whitewater skills a little more. Of course, we can offer you coaching in all of the above!

BORROWING A CLUB BOAT AND PADDLE

For Thursday training sessions anyone wishing to borrow club kit must book it by email to andypagett.iccc@gmail.com AND canoejmc@gmail.com by 10PM on the Tuesday before the session, with a list of what you require (exact kit and sizes if you have borrowed previously and know the right size)

Normally we are able to bring kit on a trailer, in which case you should meet at the Farm (High Farm Boarding Kennels, Unstone Road, Chesterfield, S41 9QS) at 5.15pm (unless otherwise told) to help load the trailer, and return to unload afterwards. If no-one is free to pull a trailer, you are welcome to arrange to collect and transport your own kit.



LOCATION MAPS

