

Kayaking

Adult Instruction sheet

Guidelines for Assisting a Kayaking session:

*There will be a qualified One Big Adventure Instructor running these sessions. However **adults are needed to help supervise and participate in the sessions**, to ensure students are as safe as possible.*

Please let the instructor know if you haven't kayaked before so they can give you the instruction necessary. Feel free to ask the instructor any questions and let them know if you don't feel confident about anything.

*It is important to pay attention to students **at all times** as there is potential for accidents.*

Rules that must be enforced

- Everyone, including adults, must wear a life-jacket.
- Ensure that the adult supervision ratio of 1:6 is adhered to at all times.
- One Big Adventure Instructor is to assess stream beforehand. If it is moving too fast, appears to be rising or it is raining heavily do not commence activity.
- Do not drag the kayaks — lift them (2 people if necessary)
- Store kayaks upside down.
- Report any damages/areas of concern to instructor.
- Students are to stay within sight of an adult at all times.

Guidelines

- Participants should wear clothing that can get wet, i.e. Togs, wetsuit, etc.
- Participants should have a towel and/or a layer of warm clothing to put on straight after kayaking.
- In colder weather, participants should also wear a warm hat and jacket.
- The kayak shed can be used to store towels, etc, to keep dry during the session.

