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| **Trip Plan** | |
| **Route & Date** | XXXXX |
| **Cost** | £XXXXX  Please pay into  Warminster Adventure Sports Club  Lloyds Bank  Sort 309099  Acc 31919260 |
| **Meeting point** | [add for both participants and those collecting equipment]  You could add suggested parking details or options for liftsharing |
| **Organiser &**  **Participants** | May include some or all of the following:   * Name of organiser (and level of experience) * Name of second-in-command * Maximum number of participants * Level of skill necessary to undertake trip * How to book your place * Name of participants going if available at time of writing |
| **What to wear** | We will/can provide club [buoyancy aids / helmets / spray decks / wet suits / cags – delete as appropriate] as needed.  {XXXX] are not compulsory.  Let XXXX know if you require a club XXXX.  You may be requested to pick it up yourself.  From the forecast, the weather looks XXXXX, so wear  .shorts/leggings and a t-shirt/rash vest / wetsuit  Synthetic clothes are better than cotton as they don’t hold water. Wear wet shoes or soft, flat shoes, not flip flops or crocs.  Note that laces can get stuck around pedals. People with large feet are advised to wear shoes with thin soles.  Your clothes may get wet either by inevitable paddle drips or you might fall in, so bring a change of clothes (to leave in your car) and a towel. |
| **What to bring** | You might want to bring a [camera, drink, insect repellent, sun cream, a sun hat, a dry bag] if you have one.  Bring a treat for the person pulling the trailer!  . Don't forget about towelie" Greeting Card by SimpleT-S | Redbubble |
| **What we will bring** | First aid kit & a dry bag which can be used by anyone for bits and bobs.  Buoyancy aids / paddles will be brought for everyone using a club kayak.  Tow rope |
| **What to expect** | Things to consider where relevant:   * Distance / time and its effect on fatigue * What you will do and your expected outcome * Some risks to expect * Things participants can and can’t opt out of * Whether you are expecting a mixed or homogenous ability group * Whether participants are new to the club / to the sport / to our boats * Expected water conditions (speed of flow, cleanliness ect) |
| **Specific Risks for event** | Things to consider where relevant:   * The expected weather conditions * The likelihood of a capsize or accident * Likelihood of other river users * Any risks known at this location * Skill level of participants   The organiser need not write here the precautions being taken against these risks, but in noting them here, should consider what precautions can be taken. |
| **Specific Risks for individuals** | * Larger, heavier people have a greater risk of capsizing from our boats. We have a limited number of kayaks available for large people. Large people do not tend to have problems getting stuck in the boat in the event of a capsize. If you are worried, talk to the organiser how best to get out. * People with asthma may experience breathing difficulties if they fall into cold water * People who are sensitive to cold should bring/request warm or waterproof clothing e.g. a wetsuit or cag if the weather looks changeable |
| **Covid awareness** | Bring antibacterial gel, a mask in case you go indoors, avoid touching and breathing into people’s faces. Be aware that other people will have touched the kayaks and equipment during transportation and so wash hands and use gel when you can. |
| **Water awareness** | River water may not be safe for swimming. If you capsize, always shower after the event. Do not capsize unnecessarily if there has been heavy rain recently. |