



## LEARNING TO ESKIMO ROLL

Your booking and payment has already been confirmed by email – please note the following information for your convenience.

### Venue

Alton Water Sports Centre <http://www.altonwater.co.uk>  
Holbrook Road  
Stutton  
Suffolk  
IP9 2RY  
**01473 – 328 408**

Please drive straight into the car park sign posted 'wind surfers', your coach will be there to greet you. Hot showers and changing facilities are available for your convenience as well as hot and cold drinks and food at the cafeteria

**Start Time:** 10am (unless advised otherwise)

**Finish Time:** 12pm

### To Bring (Optional):

- ❖ Towel
- ❖ Change of clothes
- ❖ Toiletries

### To Bring (Compulsory)

- ❖ Light weight warm clothing that can get wet (wetsuit)
- ❖ Cap/beanie
- ❖ Fleece
- ❖ Energy food i.e. chocolate, dried fruit, fresh fruit, condensed milk et cetera

### Avoid

- ❖ Denims
- ❖ Cotton shirts
- ❖ Any type of heavy boot
- ❖ Jewellery
- ❖ Drinking alcohol 24 hours prior to paddle

### Recommended

- ❖ Good breakfast on the morning of the programme

### Endurance & Concentration

This programme is limited to a maximum of **2 hours** as this is the limit for productive rolling skills coaching. After this point, generally most student's performance begins to decline rapidly. Be prepared for a rigorous session both mentally and physically. The water is cool and constant inverting increases the onset of cold and even mild hypothermia. We will take regular breaks.

Although difficult for some, rest assured that eight out of ten students do succeed to do a full unassisted sweep roll by the end of the programme. From that point onwards, it's just practise, practise and more practise....

### Fitness & Flexibility

An average weight and size for your age will help you to achieve your goal as does a good amount of flexibility. If you have neither, your chances of failure are higher.



## PLEASE NOTE

Sea kayaking is an outdoor sport and by its' very nature exposes paddlers at its worst to strong currents, wind and choppy water as well as potentially very cold conditions. The nature of this programme dictates that we train in most conditions. You will get wet, please come prepared. **NOMAD Sea Kayaking cannot take responsibility for any injuries sustained prior to, whilst paddling and/or on completion of a trip/tour (Please see our terms and conditions available in "DOWNLOADS" in the main menu.**

## Equipment

All kayaks and associated equipment is the sole responsibility of the paddler using the equipment and the paddler is responsible for unloading and loading the gear & kayaks they'll be using. We do not provide 'outsize' buoyancy aids and/or kayaks and paddles. Paddlers are also responsible for any damage and/or loss of the kayak and associated equipment that belongs to NOMAD Sea kayaking.

Please feel free to ring our office on local call rate **0845 - 872 48 68** should you have any further questions at all.

**We look forward to meeting you for a great session of eskimo rolling!!**

