

NCKC White Water Friday – explained

For those that are new or unsure our White Water Friday (WWF) is a members only session we run once a month throughout the paddling season. We hire the white water course allowing members the chance to paddle in an out of public session. To help you build confidence and improve your white water skills or for competent paddlers just to have fun.

This is for you if:

- You are new to white water but are able to capsize with a spray deck and have reasonable control of your boat.
- Are experienced at paddling on the course.

Who can attend:

I'm new to white water?

Providing you are able to control your boat and capsize with a spray deck you will be fine. The club provide leaders and coaches to help the inexperienced people gain the skills needed to be safe and have fun on the white water course. Because of this we limit the number of people that can book online as inexperienced.

I am a competent white water course user

If you are a regular to the course, and able to make plenty of eddies, stop on your way down (especially Pool A), cross the flow of the water and rescue yourself in a controlled manor then you can book on as "Course competent" online.

When are the sessions

The aim is for the 2nd Friday of the month (April-Sept) unless we have another event.

Meet at the club for 6.30pm to get all kit sorted and changed etc.

7pm briefing and organising of groups and how the session will run. The water gets turned off around 9pm

All dates will be published on the website, The club online calendar, and monthly WhatsApp reminders

What's Next / How do I attend?

There is a cost to this session of £10 per person

You can book online via the shop at www.nckc.org.uk/shop