

## How do I join?

That should be straightforward ! - Simply follow the link to our 'Join' section on the website. There's a step-by-step guide but before you do that read the 'Introduction to PHCC' page. That should answer a few questions about the club itself. As soon as you join using 'WebCollect' our membership coordinator will send you an email with a password for the members area on the website. If you're thinking of joining with young children - our junior section starts from eight years old - but by all means come and have a chat at the clubnights during most of the year or at the pool sessions during the winter months. There's a junior section on the website. We have bases at Lake Pier, Hamworthy and Wimborne Riverside.

#### I'm not sure whether I'll like canoeing, do you do taster sessions?

We run Taster sessions, but you should contact the membership secretary for more information. We have a great awareness of Safety and to join in the weekend and clubnight (medium and longer) paddles we usually need you to be of a basic (one-star) standard. There is usually a group that bases itself around the pier - the 'Novice' group - that's where skills are improved - similarly at Wimborne a coach will help you.

## When the summer comes I'm interested in learning to paddle, should I join the club now?

You need to be a club member for our courses. We run those at Ferndown Pool (Leisure Centre - Cherry Grove, BH22 9EZ). The courses (water confidence and rolling) are popular and we usually have a waiting list so do join and put your name on the list now if interested. You could to Lake Pier or Wimborne Riverside to chat even before that. There's always lots going on.

#### Do I need to do a course?

On joining PHCC you will be invited to attend a New Paddler Session, normally run every month. This will give you the opportunity to learn about how the club paddles work and when they are. You'll meet some of the PHCC coaching team who will provide you with signposting to paddles and activities in the club that match your experience and skill level. If in doubt have a chat via the 'Contact-Us' page of the website - or join the 'Facebook' group and ask there. Please be patient for replies - everyone is a volunteer. :-)

#### I am interested in your beginners training courses. When do you run them?

The 5 week 'star' courses are run by our volunteer coaches. Some run on midweek evenings while there is daylight from Late Spring to Autumn and others are weekend courses run over two days. Midweek ones are usually a couple of hours on Monday, Tuesday or Thursday but if there is sufficient demand other days can sometimes be arranged. The more flexible you are the quicker we can fit you in. Course dates are arranged as instructors volunteer and students ask for courses - there is no fixed timetable and they are run either in the Harbour or on the River Stour at Wimborne. After joining the club you should contact the training officer with your course needs. You can enquire too on the PHCC Facebook *Training Page.* 

# Myself and my two children are very keen to join the canoe club. They are currently 8 and 9 years old. Do you do courses for us which we can do together?

All our courses usually mix adults and children, although we try not to have a sole adult surrounded by children. Seeing the children outclass you is usually too much for most adults. You can make us aware of your interest in staying together when you put your names on our course list. The Junior sessions start at eight-years old.

#### How old do you have to be to join the club?

We have no age limits on membership. The young children of family members can paddle with their parents either in a shared boat or alongside. We have a specific junior section for which 8 years is the minimum age. A proportion of junior events will only be suitable for those of 10 or more. Ability to swim is required of any juniors participating without parents.

#### Am I too old to start paddling?

We have paddlers of all ages and in every age group right up to 85+. We have even taught old dogs new tricks!

# What equipment do I need to start paddling?

If you are attending a beginners course Boats, Paddles, Buoyancy aids and spraydecks are supplied. Wetsuits aren't needed - only a waterproof top. Do bring a change of clothes a towel and footwear that can get wet. Juniors in particular are more prone to getting totally soaked. Finally if you need equipment it can be borrowed for a fee until you buy your own.