

# Discovery Days



**No previous experience required**

## **Learning outcomes**

Personal development:

- Self-reliance
- Perseverance
- Risk management

Social development:

- Teamwork
- Communication

Skill acquisition:

- Sport- specific
- Transferable skills.

Fundamentals of sport:

- Agility
- Balance
- Coordination

## **Typical session structure**

The session will start with issuing kit (wetsuits or similar, buoyancy aids and helmets) and an introduction to the session, laying out what is to be expected, including a health and safety and social distancing/COVID-19 briefing. Participants will then be given some coaching points that will aid their knowledge for the activity. Once coaching points have been achieved participants will then get onto the water to have fun under supervision and guidance of our instructor.

## **What to wear**

Good weather – swimwear, lightweight clothing and shoes (trainers or wet shoes – not wellies or hiking boots). Remember sun cream when it's sunny.

Poor weather – a warm long-sleeved top for under the wetsuit (not cotton). Trainers or wet shoes. In case you go for a swim bring a change of footwear, spare clothes and a towel. Warm clothing/hat to wear during lunch and a dry bag or similar to put them in.

## **Food/Drinks**

You will be out in the kayaks all day and we will be stopping at a beach for lunch. Bring a packed lunch and drinks and snacks to sustain you throughout the day and keep your energy levels up, so you get the most from the experience.

## **Venue**

We will be in touch a day or two before the activity to confirm the venue, as the weather and sea conditions will be checked, so we can choose the best location to suit your level.

**Instructor**

Your instructor will be an experienced, qualified and knowledgeable sea kayak guide and coach who is familiar with Anglesey.

**Kayaks**

For our discovery day sea kayaking excursions, the kayaks will be provided, unless you prefer to use your own if you have one.

**Timings**

Your instructor will meet you at an agreed location at 9am, following the morning briefing and time on the water, you will have a lunch break on the beach, before spending the afternoon kayaking again. Depending on how you are feeling, you can expect to be off the water by around 4 – 4.30pm.

If you have any queries which have not been covered in this information, please get in touch by e-mail: [info@angleseyadventures.com](mailto:info@angleseyadventures.com) or call the office on 07896 239951.

We hope to see you on the water soon!