



In this course, the Clube de Canoagem e Águas Bravas de Portugal (CCABP) will cover the basic strokes. We note that for safety reasons, all participants should be able to swim and should be in good physical condition.

### **Tentative dates \* :**

1st Event: March 28 - 29; 2nd Event: November 07 - 08 (Year of 2015)

\*These dates can be altered due to bad weather conditions or if the river flows make impossible the realization of the practical session

### **Course logistics:**

Location- Praia Fluvial do Areinho (Paiva River - Arouca)

Duration – 12 hours distributed over two days

Schedule – Saturdays and Sundays from 10h00 to 13h00 and from 14h00 to 17h00

Minimum number of students – 4

Maximum number of students – 10

Price for students with own gear – 60 euros

Price for CCABP members with own gear – 50 euros

Full rental gear from CCABP – 15 euros per 2 day session (attention, the number of kits is limited)

Accommodation- Camping in the beach or stay in the Club's bungalow (free)

**Course topics:**

- Gear
- Logistics
- Introduction to the river
- Navigation techniques
- Getting in and out from the kayak
- Maneuvering the kayak
- Self-rescue
- River running

### **Contacts and registration:**

Daniel Afonso (email [ccabp.formacao@gmail.com](mailto:ccabp.formacao@gmail.com) )

**Note:** Registration should be made to the previous email. Upon registration, we will send a confirmation email and require payment via wire transfer. Details will be provided then. Confirmation of payment will be required on the first day of the activity.